

Hafa Adai!

Company eyes building 1,200-room hotel in Tanapag. **PAGE 2**
11 CNMI schools recognized nationally. **PAGE 3**

Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER

Volume XXVII, Issue No. 145

www.saipantribune.com

MONDAY JULY 24, 2017

www.facebook.com/saipantribune

75¢

DUE TO CONTINUED DRUG USE, OTHER VIOLATIONS

Of 6 drug court participants, 3 dropped



MYPROS AWARDEES

Nola Hix, the MYPros' Young Professional of the Year, poses with nominees of other awards last night during the MYPros' White Sand Gala in celebration of the organization's second anniversary. The group's Volunteer of the Year went to Commonwealth Advocates for Recovery Efforts' Maxine Laszlo. The Bridge Capital Spotlight was awarded to Sheila Babauta.

ERWIN ENCINARES

See story
on Page 4

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Of the six participants in the Drug Offender Re-entry Program of the U.S. District Court for the NMI, three of them have already been terminated for continued drug use and other violations.

According to court documents, DORE first convened on Jan. 26, 2016, with four participants—former U.S. Customs and Border Protection officer Bob Hajime De-

leon Guerrero Yamagishi, former police officer Florencio Q. Richards, Vicente Aldan Sablan, and Francisco Nakatsukasa Basa.

See DRUG on Page 4

USCIS awaits FY 2018 cap

WASHINGTON—On May 26, 2017, U.S. Citizenship and Immigration Services announced that it had received a sufficient number of petitions to reach the maximum possible numerical limit (the "cap") of workers

» **Delayed receipt notices for CW-1 petitions**

who may be issued CNMI-Only Transitional Worker (CW-1) visas or otherwise provided with CW-1 status for fiscal year 2018.

The CW-1 visa classification allows employers in the Commonwealth of the Northern Mariana Islands to apply for temporary permission to employ foreign (non-immigrant) workers who are

See USCIS on Page 4

Reyes, Doctor, Mercene awarded APIASF scholarships

By YUUJI NISHIDA
thisisyuuji@gmail.com
STUDENT REPORTER

Three high school graduates from the Commonwealth have been awarded the Asian and Pacific Islander American Scholarship for the upcoming school year.

Jackie Doctor of Mount Carmel School and Marianas High School's Jayrald Mercene and Joselle Reyes



Reyes

Doctor

Mercene

were awarded the scholarships in May.

The APIASF general schol-

arship application opened on Sept. 15, 2016, and closed on Jan. 18, 2017.

Scholarship awards range from a one-time \$2,500 award to multi-year \$20,000 awards.

Scholarships are awarded to students of Asian and/or Pacific Islander ethnicity, with strong emphasis on community service and leadership as well as a solid academic achievement.

The APIASF general scholarship program is supported

See REYES on Page 4

OUT OF 18 WITH EXPIRING CW VISAS CHCC is left with 6 CW nurses

By KIMBERLY A. BAUTISTA
kimberly_bautista@saipantribune.com
REPORTER

The Commonwealth Health Center is currently facing a shortage of nurses after 12 of their 18 specialized nurses with expired work permits as of June 30, 2017, returned to their home country as a result of their CNMI-Only work visas expiring.

Commonwealth Health-care Corp. board chair Lauri Ogumoro said during last Thursday's board meeting that CHCC is left with six out of the original CW nurses.

Ogumoro told the media that the six nurses that are still on island have received their receipts. The receipts are proof enough for the nurses to stay

See CHCC on Page 4

INSIDE



LOCAL

A fire of still unknown cause engulfs a new XO Market container.

PAGE 4



LOCAL

Guam' commemorates 73rd Liberation Day with a parade last Friday, July 21.

PAGE 13



LIFE & STYLE

It was a typical phone call between two boys playing and their mother, who was in France.

PAGE 20



SCAN ME WITH A COMPATIBLE QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.



GOT A NEWS TIP?

TEL: 235-6397 / 235-2440

FAX: 235-3740

EMAIL: editor@saipantribune.com

Local

Company eyes building 1,200-room hotel in Tanapag

By FERDIE DE LA TORRE
ferdie.delatorre@saipantribune.com
REPORTER

A company that is planning to renovate the former Magellan Hotel along Route 316 or Wireless Ridge on Capital Hill, Saipan, has acquired 10 hect-

ares of private land in Tanapag to build a 1,200-room hotel.

American SinoPan LLC that owns a golf course and hotels in China is proposing a \$350,000 renovation of the two-story 12-room Heaven II Hotel, formerly known as the Magellan

Hotel on Capital Hill.

American SinoPan LLC chief executive officer Ken Lin said the renovation of Heaven Hotel II is their first small project on Saipan, but their biggest is the construction of the Saipan Garden Resort.

Lin said they subleased the private land from Peak Development, which is located across Tanapag Elementary School.

Right now, they don't know yet when are they going to start the construction of the

Saipan Garden Resort, Lin said, as they are still learning the local zoning laws.

Lin said their mother company, SinoPan, is based in Shanghai, China and that they first registered in Hong Kong.

He said they own a golf course and three hotels in China.

When asked why they chose Saipan as their first investment abroad, Lin said cited its booming tourism industry, beautiful beaches and waters, the ease of entry for Chinese tourists, and its casino.

"Saipan is also the closest American soil. To us, safety is very important. This is the American system, putting a [premium] on protection," Lin said.

They did look at Southeast Asia and the Pacific region and considered the Philippines and Palau.

With respect to their renovation project for Heaven II Hotel, Lin said their condi-

tional use application passed the Zoning Board with some conditions during the public hearing last Thursday.

American SinoPan LLC president Guohua Pan submitted the conditional use application before the Commonwealth Zoning board.

Currently, Heaven II Hotel has four separate buildings totaling 13,723 square feet. American SinoPan acquired a total of 29,000 square meters of land at the Heaven II Hotel.

Under the project, American SinoPan proposes to have 12 dwelling units ranging from one to three floors with a maximum height of 27 feet.

The company wants an American with Disabilities Act-compliant restaurant, extensions to its kitchen and storage, ADA compliant guest rooms, more parking spaces, and rehabilitated swimming pools, among other developments.

Proposal to allow HS students to eat lunch outside cafeteria nixed

By KIMBERLY A. BAUTISTA
kimberly_bautista@saipantribune.com
REPORTER

The CNMI Board of Education has yet to find common ground on whether students should be able to bring their lunch beyond cafeteria grounds.

In a meeting last Thursday, board chair Marylou Ada refused to grant high school students the privilege to eat lunch away from the cafeteria.

BOE board member Herman Guerrero feels it should continue to be implemented in elementary schools, but that high school students should be granted the same privilege.

According to Guerrero, high school is supposed to teach students responsibility, but restricting them from eat-

ing lunch beyond the cafeteria contradicts that. Guerrero understands that high school students choose to spend their breaks in the company of their friends.

According to Guerrero, seating every student in the cafeteria during lunch hour is nearly impossible. In the case of Marianas High School, he said it would take the entire day just to have over 1,600 students eat lunch.

Guerrero said the board is still iffy with the whole discussion.

When asked about the possibility of littering, Guerrero said that both teachers and students should be responsible enough to pick up after themselves and take pride in their school's surroundings.



ATTENTION: HONDA & ACURA OWNERS

FREE AIRBAG REPAIR EVENT

This is NOT a Sales Event

URGENT SAFETY ISSUE – You and your passenger's safety may be at risk!

Metal fragments from airbag ruptures have INJURED and KILLED vehicle occupants.

If you own a 2001 - 2016 Honda or Acura vehicle, bring your vehicle to this FREE 3-day Airbag Repair Event (Repair-a-Thon)

Thursday, August 10
Friday, August 11
Saturday, August 12
 No Appointment Necessary

8:00 AM - 5:00 PM
 at Joeten Motors
 Oleai, Beach Road
 Saipan, 96950

Factory Trained Technicians from American Honda will be on site

Before you attend please **CHECK IF YOUR VEHICLE IS AFFECTED** visit our website below:
recalls.honda.com or recalls.acura.com

Or if you are unavailable to attend this 3-day repair event, please call Joeten Motors to schedule an appointment at a time that is more convenient for you.

For more information call
Joeten Motors, (670) 234-5568

At Honda we care about your safety


 Airbag deployment with inflator rupture*

Honda is committed to addressing your needs and concerns. We will provide a rental car free of charge if there are no replacement parts available to repair your vehicle.



Tourism Topics

A bi-weekly update from the Marianas Visitors Authority

Tourism is everybody's business.

The Marianas
 | Saipan | Tinian | Rota |



A Data-based Look at Tourism

Several years ago, the Marianas Visitors Authority (MVA), with the assistance of Market Research & Development, Inc., developed a systematic means of measuring the behavior and attitudes of visitors to The Marianas, a visitor exit survey. In 2014, the project resumed to obtain current information which The Marianas can use to improve as a destination and provide important planning information for the government and private sector.

Over the next several months, Tourism Topics will cover the finds of the visitor exit survey, customs form surveys, and other sources of information to help the community become better aware of visitor demographics; travel planning, including informational sources gathered about The

Marianas; visitor satisfaction; the impact of tourism; and much more.

Average Age

Have you ever wondered what is the average age of visitors to The Marianas? The average age of visitors to The Marianas during the latest survey period was 33 years of age. Nearly seven in ten (69%) were between 25 and 39 years of age. Chinese visitors were younger, with 47% being under the age of 30, compared to 43% for Japanese visitors and only 27% for Korean visitors.

KONQUER Saipan
 Sept. 9, 2017



11 CNMI schools recognized nationally

Eleven schools in the CNMI—one on Rota, one on Tinian, and nine on Saipan—were among the thousands of schools across the country that were recipients of the 2017 President's Education Awards Program announced Friday.

The Saipan schools—Chacha Ocean View Middle School, Dandan Middle School, Kagman Elementary School, Kagman High School, Marianas High School, Mount Carmel School, Saipan Community School, Saipan Southern High School, and San Antonio Middle School—were joined by the Eskuelan San Francisco de Borja and Tinian Elementary School on the list of schools that were recognized Friday.

A total of 11 Guam schools also landed on the list, including the Finegayan Elementary School, Guam High School, Harvest Christian Academy, Inarajan Elementary School, Merizo Martyrs Memorial School, and Wettengel Elementary School.

U.S. Secretary of Education Betsy DeVos congratulated the PEAP awardees, recognizing nearly 3 million elementary, middle and high school graduates for their educational accomplishments. These students represent more than 30,000 public,

private and military schools from all 50 states, the District of Columbia, American Samoa, Guam, Puerto Rico, Northern Mariana Islands and the Virgin Islands.

"The future of America lies in the strength of our students, so it is a pleasure to recognize and celebrate the academic achievements of our nation's next generation of leaders," said DeVos. "All of you have proven your commitment to furthering your education, and this award is a testament to your perseverance, long hours of study and passion."

"President Donald Trump and I encourage each of you to not treat education as a path with a definitive end, but one that you will continue for your entire lives. There is always more to learn, study and gain, and I'm confident you will continue to find the rewards education can provide long after you've left the classroom."

PEAP was founded in 1983. Every year since then, the program has provided America's schools with the opportunity to recognize graduating students who meet high standards of academic excellence and those who have given their best effort, often overcoming obstacles to their learning.

Each year, eligible graduating K-12 students are selected

by their school principal for recognition in two categories: The President's Award for Educational Excellence and The President's Award for Educational Achievement.

The President's Award for Educational Excellence recognizes academic success in the classroom. To be eligible, students must meet requirements, including grade point average or school-set criteria and choice of state tests or teacher recommendations.

The President's Award

for Educational Achievement recognizes students that show outstanding educational growth, improvement, commitment or intellectual development in their academic subjects but do not meet the criteria for the Educational Excellence Award. Its purpose is to encourage and reward students who give their best effort, often in the face of special obstacles. Criterion for this award is developed at each school.

Individual recognition is



SAFETY TIPS FROM WUSHIN LPGas

- Store the LPG-filled cylinder in a well-ventilated and readily accessible area.
- Avoid tilting LPG cylinders. Keep it in an upright position at all times.



For your LP gas needs, please call:
Wushin LPGas at 322-7415 or 322-8733

bestowed by the President and the U.S. Secretary of Education, in partnership with the National Association of Elementary School Principals and the National Association of Secondary School Principals. The award includes a congratulatory letter to the student and certificate signed

by the President, the Secretary and the school principal.

Unlike other awards programs, the principal has sole discretion in choosing recipients based on eligibility. There is no limit on the number of awards, as long as students meet the criteria for each award set by the school. (PR)

ATTENTION Government Employees & Retirees!

The Island Smiles Dental Plan available via your allotments

- Low Cost:** \$5.00 (Individual Plan) \$6.00 (Two-Party Plan) or \$7.00 (Family Plan per allotment.) Least expensive dental plan in the CNMI
- Members receive at LEAST 20%-50% discounts on all dental procedures
- Plan Provider:** Paradise Dental Center, Middle Road, Gualo Rai.
- Ask about the new **PREMIER PLAN!**



Award-winning dentist
Kind and Gentle

Dr. Nelson Krum

Paradise Dental Center



Hawaii Dental Service, TakeCare & Staywell Insurances also accepted. Medicaid patients welcome!

Call 234-4040

Stop by and pick up your enrollment packet or send an email request to paradisedentalsaipan@gmail.com



AQUA RESORT CLUB SAIPAN

CAJUN SEA-FEAST

ARC

For a limited time only, come indulge in Aqua Resort Club's Cajun inspired Seafood Feast, while enjoying Saipan's beautiful sunset on our Beachfront Deck

We take a variety of fresh seafood, steamed in a bag of mouth-watering Cajun spices, we shake it up, we pour it out on the table covered in plastic, give you bibs, and let you go at it!

Maine Lobster, Lobster Tail, Snow Crab, Jumbo Tiger Prawns, Jumbo Shrimp, Jumbo Squid, Black Mussels, Clams, Baby Octopus, and Spicy Chamorro Sausage, paired with a Mini Loaf of Bread and Vanilla Ice Cream served in a Waffle Bowl topped with Caramel Whiskey Sauce for your sweet tooth!

Not enough? Each order is complimented with a bucket of mixed Bud Family Beers or Specialty Lemonades and Southern Sweet Tea!

Dinner is Available Every Tuesday & Thursday throughout August.
Reservations Required.

Call +1 (670) 322-1234 to make your reservation today!



AQUA RESORT CLUB SAIPAN

CAJUN SEA-FEAST

ARC

For a limited time only, come indulge in Aqua Resort Club's Cajun inspired Seafood Feast, while enjoying Saipan's beautiful sunset on our Beachfront Deck

We take a variety of fresh seafood, steamed in a bag of mouth-watering Cajun spices, we shake it up, we pour it out on the table covered in plastic, give you bibs, and let you go at it!

Maine Lobster, Lobster Tail, Snow Crab, Jumbo Tiger Prawns, Jumbo Shrimp, Jumbo Squid, Black Mussels, Clams, Baby Octopus, and Spicy Chamorro Sausage, paired with a Mini Loaf of Bread and Vanilla Ice Cream served in a Waffle Bowl topped with Caramel Whiskey Sauce for your sweet tooth!

Not enough? Each order is complimented with a bucket of mixed Bud Family Beers or Specialty Lemonades and Southern Sweet Tea!

Dinner is Available Every Tuesday & Thursday throughout August.
Reservations Required.

Call +1 (670) 322-1234 to make your reservation today!

Fire engulfs XO Market's container

By FERDIE DE LA TORRE
ferdie.delatorre@saipantribune.com
REPORTER

A fire of still unknown cause engulfed a container filled with eggs and frozen goods in

a compound beside the New XO Market along Chalan Pale Arnold Road in Gualo Rai

yesterday afternoon.

Loud explosions were heard from the container, but no one



Firefighters extinguish the fire that engulfed a container yesterday afternoon in a compound beside a commercial building, where the New XO Market is located along Chalan Pale Arnold Road in Gualo Rai. New XO Market owns the container. Investigators are still looking into the cause of the blaze.

FERDIE DE LA TORRE

Hix is Young Professional of the Year

By ERWIN ENCINARES
erwin_encinares@saipantribune.com
REPORTER

Nola Hix, along with other club members, were presented with awards last Saturday at the second anniversary shindig of the Marianas Young Professionals, or MYPros, called the White Sand Gala at the Surf Rider Restaurant.

Hix, who is a Xerox Corp. executive on Saipan, co-founded MYPros and is its vice president. The other award nominees were Bobby Cruz of the Public School System and Rob Travilla, founder and creator of the Salbahe brand and co-founder of Tribe Marianas in 2015.

The group's Volunteer of the Year award went to Commonwealth Advocates for Recovery Efforts' Maxine Laszlo. Laszlo has been working with CARE as the

AmeriCorps VISTA Resource Development coordinator. She bested two other nominees: Wayne Dawe, lead ranger of the Micronesia Islands Nature Alliance's Tasi Watch, and Jihan Buニア, the Bureau of Environmental and Coastal Quality's CNMI Coral Reef Initiative Program coordinator.

The Bridge Capital Spotlight Award went to Sheila Babauta, who is the Office of the Governor's Capital Improvement Program contracting officer's technical representative. The other nominees were Commonwealth Office of Transit Authority special assistant for public transportation Alfreda Camacho, Hofschneider Engineering project engineer Emanuel "Manny" Borja, and Marianas Geotech Services owner James "Bill" Ripple.

Magistrate Judge Heather L. Kennedy accepted the Drug Team's recommendation that the court make a finding that Yamagishi has not been in compliance with his terms of supervised release.

Kennedy sanctioned Yamagishi to serve eight days in the custody of the U.S. Marshal Services. Yamagishi was allowed to serve the eight days in prison during weekends; he was required to report to prison on Saturdays and Mondays.

The court gave Yamagishi no credit for June.

At the 17th DORE session in May, Yamagishi was commended for having 11 months of credit for his participation

MYPros president Matt Deleon Guerrero, who works as the chief-of-staff of Gov. Ralph DLG Torres, was satisfied with Saturday's turnout.

"I am happy with the last two years of the MYPros in the CNMI," he said, adding that the group has been actively contributing to the community.

"We are still shooting to advance young professionals in the CNMI in all fields and all sectors," he said. "There are a lot of contributions that young professionals could provide to the businesses and government agencies."

MYPros is a group of young professionals dedicated to giving back to the community of the CNMI.

Hix underscored this when asked for comments: "It is nice to put value into your hard work and [the purpose

in] forming this non-profit organization was to get all of the young professionals to give back to the community and get back into the community and become servant leaders."

USCIS returns FY 2018 H-1B cap petitions

USCIS announced on July 19 that it has returned all fiscal year 2018 H-1B cap-subject petitions that were not selected in our computer-generated random selection process.

USCIS previously announced on May 3, that it completed data entry of all selected cap-subject petitions.

If you submitted an H-1B cap-subject petition between April 3 and April 7, 2017 and have not received a receipt notice or a returned petition by July 31, you may contact USCIS for assistance. (**USCIS**)

Drug Team's recommendation to make a finding that Richards, Sablan, and Basa have not been in compliance with the conditions of their supervised release.

DORE is a post-incarceration cooperative effort program of the U.S. District Court, U.S. Probation Office, Federal Public Defender, and U.S. Attorney's Office.

DORE provides treatment and sanction alternatives to address re-integration into the community for non-violent, substance abuse offenders released from federal prison.

The Superior Court also has its own drug court. The media, however, are not allowed to cover their sessions.

was reported injured, *Saipan Tribune* learned.

Witnesses said the container belongs to the New XO Market, which owned the land where the container was located.

At present, New XO Market rents a commercial building in Gualo Rai.

Witnesses said the fire started at 4:45pm.

Firefighters controlled the blaze after a few minutes. While the blaze appeared to have been extinguished, at least two successive loud ex-

plosions occurred in the container at 5:15pm.

In October 2015, an accidental fire started in a trash bin located in the back of the building where XO Market is located. Investigators determined that the fire traveled to the second floor of the building, which had combustibles that ignited and intensified the blaze. The fire damaged the store's generator compressor and burned two apartment rooms that were being renovated at that time.

REYES

From Page 1

by 3M, AT&T, Bank of Hope, The Coca-Cola Foundation, Cox Enterprises, FedEx, Frances Sonn Nam Memorial Scholarship, NBCUniversal, Target, Toyota, Union Bank, United Health Foundation, Southern California Edison, and Wells Fargo.

Reyes was awarded \$2,500 by the Wells Fargo scholarship under APIASF. Reyes will be studying Musical Theatre with a minor in Arts Management at Columbia College in Chicago.

Reyes was a member of the Marianas High School Glee Club during her time in high school. "Being in [the MHS Glee Club] for the past three years has inspired me to explore the arts through performing and discovering myself within the roles I play onstage," Reyes said.

She said her money will be distributed between her tuition cost and housing.

USCIS

From Page 1

otherwise ineligible to work under other nonimmigrant worker categories.

If USCIS rejects the petition, the petition and filing fee will be returned to the petitioner.

USCIS is currently holding petitions received after April 10, but on or before May 25, 2017, until the fiscal year 2018 cap is set. It is the current intent of USCIS to neither reject, nor accept, such petitions until the fiscal year 2018 cap is set.

USCIS will issue subsequent guidance once the fiscal year 2018 cap is set and when it is able to announce the final receipt date. (**USCIS**)

CHCC

From Page 1

and await the approval of their CW visas.

According to Ogumoro, it has become their goal to work on preserving a certain amount of CW spots for CW nurses and specialists.

The goal was to preserve at least 250 spots for hospital staff for Saipan Tinian, and Rota. Ogumoro said that

Doctor was also awarded the Wells Fargo scholarship under APIASF. Doctor will be headed to Oxford College of Emory University for two years, then will transfer to Emory University. She intends to focus on Biology or a pre-medical route to become an occupational therapist. Doctor said her money will go directly toward tuition.

Mercene was awarded \$10,000 by the FedEx scholarship under APIASF. Mercene plans to pursue postsecondary education at the Northern Marianas College, then move to the U.S. after his first or second year. He will study under NMC's liberal arts program, but he plans to pursue pre-law after transferring.

"Our vision is to see that all Asian American and Pacific Islanders have access to higher education and resources that cultivate their academic, personal and professional success regardless of their ethnicity, national origin or financial means," APIASF's mission states.

Once a final cap determination has been made, the remainder of these petitions will either be issued a receipt notice or rejected.

If USCIS rejects the petition, the petition and filing fee will be returned to the petitioner.

USCIS is currently holding petitions received after April 10, but on or before May 25, 2017, until the fiscal year 2018 cap is set. It is the current intent of USCIS to neither reject, nor accept, such petitions until the fiscal year 2018 cap is set.

USCIS will issue subsequent guidance once the fiscal year 2018 cap is set and when it is able to announce the final receipt date. (**USCIS**)

upon talking with U.S. Citizenship and Immigration Services regarding this, the response they received was that it would take a change in regulations and help from U.S Congress to revise the regulations.

According to Ogumoro, in her opinion, since the regulations were developed specifically for the Commonwealth, the regulations should be changed to benefit the Commonwealth.

IPI paid \$46.8M in taxes since January

Imperial Pacific International (CNMI) LLC paid the Commonwealth government a total of \$46.8 million in gross gaming revenue taxes covering the period from January to June 2017.

According to documents obtained by *Saipan Tribune*, IPI has paid \$46,779,388.00 in gross gaming revenue taxes. Gross gaming revenue taxes are taxes imposed on the casino based off of 5 percent of the gross gaming revenue of IPI and are due before the end of the succeeding month.

For the month of June, IPI had a gross gaming revenue of \$90 million, in which the com-

pany paid the CNMI government \$4.5 million. Notably, the largest amount of gross gaming revenue generated in 2017 was in January, when IPI generated a gross gaming revenue of \$327 million and paid a gross gaming revenue tax amounting to \$16 million.

With the transfer of the casino at T Galleria to its permanent spot at the Imperial Pacific Resort, both Gov. Ralph DLG Torres and Finance Secretary Larissa Larson told *Saipan Tribune* that more revenue may be expected from the larger facility.

The permanent casino spot at IPR opened to the public last July 6.

According to Commonwealth Casino Commission executive director Edward Deleon Guerrero, it is too early to say if the transfer has affected the tax contributions of IPI.

"On the revenue side, [IPI] now has less slot machines but more gaming tables," said Deleon Guerrero, adding that most of the revenue for Asian-based casinos are from table games while those based in the U.S. mainland have larger revenues from slot machines. According to him, over 90 percent of the generated revenue come from VIP table games. (*Erwin Encinare*)

"A Tradition of Excellence!"

Dr. Dennis Williams, a renowned eye surgeon, continues the tradition of excellence at Marianas Eye Institute.

- Received a CNMI House Resolution, "for conducting the CNMI's first Corneal Transplant"
- Listed in "Best Doctors in America"
- Board Certified Ophthalmologist

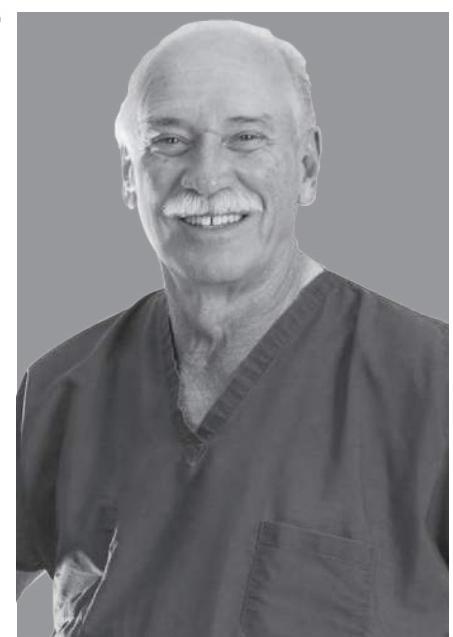
Prior Experience:

- Assistant Clinical Professor of Ophthalmology, USF
- Director of Corneal Transplant and Refractive Surgery St. Luke's Cataract and Laser Institute, Florida
- Board of Directors, American Board of Eye Surgery
- President, Cataract Teaching Foundation
- Instructor, American Society of Cataract and Refractive Surgery

We welcome Aetna, Self-pay, Staywell, Netcare, Calvo's, TakeCare, Medicaid, Medicare, Tricare, Blue Cross Blue Shield, and more!



235-9090
Walk-in's welcome
Beach Road Garapan.



QUALITY COMES STANDARD. SALES EVENT



2017 KIA SOUL Totally transformed

More fun to drive, more advanced technology, more surprises. We've packed almost everything into the 2017 Soul. Discover what's inside for yourself.

starting at
\$18,995
or
\$134
per paycheck

2017 KIA RIO

FUNctional.™

Performance without compromise. The 2017 Rio is as fun to look at as it is to drive.

starting at
\$16,995
or
\$120
per paycheck



Financing Available
as low as
5.40% APR

 **Joeten Motors**
POWERED BY YOU



2017 KIA RIO LX retail price \$16,995.00 less 20% downpayment. Financing at 5.4% APR for 60 monthly payments of \$259.07 or \$119.57 per paycheck based on 26 pay periods per year. Total deferred payment \$15,544.20. 2017 KIA SOUL LX retail price \$18,995.00 less 20% downpayment. Financing at 5.4% APR for 60 monthly payments of \$289.56 or \$133.64 per paycheck based on 26 pay periods per year. Total deferred payment \$17,373.60.

SHOWROOM HOURS: MON. – FRI. 8 AM – 6 PM · SAT. 8 AM - 12 NOON
TEL. (670) 234-5562

Vehicle may not be exactly as shown • Some conditions apply • On approved credit
See dealer for details • While Supplies last. *EPA Estimated hwy mpg.

Man gets 5 years in prison for sex with minor

Aa 23-year-old cultural dancer who sexually abused a 14-year-old girl was convicted of sexual abuse in the second

degree has been sentenced to five years in prison.

Glen Anthony Mafnas Ruben Jr. was sentenced Friday

to the maximum of 15 years imprisonment but he is required to serve only the first five years without the possibility of parole or probation.

Superior Court Associate Judge Joseph N. Camacho said the sentence shall be concurrent with Ruben's five-year sentence in federal court. That means Ruben shall serve the five-year prison term within the five-year sentence imposed by the federal court.

The remaining 10 years may be imposed on Ruben for any violation of law or rules of the Office of Adult Probation.

Ruben was given credit for time served. He was required to register as a sex offender.

Camacho noted Ruben's learning disability. Examination by psychological experts show he has an intellectual disability, meaning that even at age 23 in reality he has the mind of a child.

Camacho said Ruben lacks

the intellectual ability and social skills to fully understand his actions and incorrectly thought it was appropriate to be in a romantic relationship with a 14-year-old minor, whom he met via the internet.

"Though not a legal excuse for a crime, defendant's intellectual disability provides significant mitigation—and the court gives this mitigation great weight in imposing the defendant's sentence," the judge said.

Assistant attorney general Teri Tenorio, counsel for the government, recommended a 10-year prison sentence. Assistant public defender Cindy Nesbit, counsel for Ruben, recommended a sentence of five years imprisonment.

In July 2016, Ruben pleaded guilty to sexual abuse of a

minor in the second degree as part of a plea deal.

Ruben, who was at the time 22 years old, had sex with his then-14-year-old girlfriend on Saipan on Dec. 25, 2015.

Camacho said that Ruben and the victim were in a relationship at the time (Romeo and Juliet).

In July 2016, Ruben also pleaded guilty in federal court to receipt of child pornography. He was sentenced to five years imprisonment.

According to the indictment filed in district court, between Dec. 13 and 26, 2015, Ruben used the internet to transfer obscene material to a 14-year-old child. Ruben allegedly used the internet to persuade and entice the child to engage in sex. (*Ferdie de la Torre*)

CNMI DEPARTMENT OF COMMERCE

AMERICA'S
SBDC
CNMI

CDA
COMMONWEALTH
DEVELOPMENT
AUTHORITY

FREE Small Business Development Workshops

How to Start a Business

Tuesday, July 25th, 2017

8:30am—11:00am

Location: CDA Board Room,
1st Floor, San Jose

Presented by:
Nicole Babauta, CNMI SBDC Director/Business Advisor



This workshop will help individuals learn everything they will need to get started, including an introduction to business plans and the importance of preparing one; exploring the legal forms of business (sole proprietorship, partnership, corporation, limited liability partnership / company) and which one is right for your business needs; local or federal licensing requirements for the business. Participants will be able to obtain vital information and resources to start and own a business. This training will take the mystery out of starting a business and help participants better evaluate their business idea.

Limited Seating.

Register now at: pisbdcn.ecenterdirect.com

For more information or to reserve your seats today, contact the CNMI SBDC
at 670-664-3018 or visit www.pacificsbdc.com

DISCLAIMER: The Pacific Islands SBDC Network is funded in part through a co-operative agreement with the U.S. Small Business Administration. All opinions, conclusions or recommendations expressed are those of the author(s) and do not necessarily reflect the views of the SBA. Requests for reasonable accommodations for persons with disabilities will be made if requested at least two weeks in advance. Language assistance services are available for limited English proficient individuals with enough advance notice. For arrangements, please contact Lorie Pangilinan, P.O. Box 5795 CHRB, Saipan MP 96950 Tel: (670)664-3018 or Email lorie@pacificsbdc.com. Services are extended to the public on a non-discriminatory basis.

Tonga auditors undergo mapping and iCATs workshop



Mapping and iCAT workshop participants.

PASAI

A workshop on Conducting Mapping and iCAT (ISSAI Compliance Assessment Tools) was held at the Tungi Colonnade Hotel, Nuku'alofa, Tonga for the staff of the Tonga Office of the Auditor General.

The workshop was delivered by the Norway-based INTOSAI Development Ini-

tiative, an organization that supports the strengthening of performance and capacities of government audit offices or supreme audit institutions around the world.

The workshop is the start of support to SAI Tonga for implementing ISSAIs (international standards of supreme

audit institutions) under the Support for External Oversight Function of the Public Financial Management System (Tonga).

The 30 or so participants which included the senior management staff of the TOAG, were trained on a method to implement ISSAIs in a holistic and phased approach.

It is holistic as it involves the adoption and implementation of ISSAIs for financial, compliance and performance audits; and phased allowing the TOAG to be fully compliant with the standards over a period of time, while at the same time have minimum impact on the usual operational work of the TOAG.

Sefita Tangi, auditor-general of Tonga remarked, "The Tonga Audit Office is grateful for this opportunity to pilot in the Pacific region the SAI level support project of the IDI's global IS SAI implementation initiative, 3i Program Phase II. The expected outcome of this project is ISSAI compliant audits conducted by the TOAG."

The workshop was facilitated by Shofiqul Islam, IDI manager, Capacity Development, and assisted by Eroni Vatuloka, PASAI PFM (Public Financial Management) consultant.

PASAI acknowledges the kind financial support of the Australian Government and the IDI in improving public financial management in Tonga. (PASAI)

How's Your Hearing?

Specializing in:

- Hearing Evaluations
- Custom fitted hearing aids
- Digital and Programmable Technology
- Custom Communication Devices

- Tuesday, July 25th
- Wednesday, July 26th

at Marianas Medical Center in Garapan

8:30am - 4:00pm

8:30am - 4:00pm



**Ross
Hearing
Aids**

All interested patients should call
Marianas Medical Clinic for scheduling
234-3925/7
Most insurance accepted



Jennifer Ross, BC-HIS
Board Certified in Hearing
Instrument Sciences
Email: rosshearingaids@yahoo.com

Dynamic Air files for Chapter 11 in N. Carolina

Dynamic International Airways LLC, a low-cost international charter airline based in High Point, filed for Chapter 11 bankruptcy protection Wednesday.

According to Dynamic, the filing was prompted by recent arbitration judgments against the company.

The bare-bones filing in U.S. Bankruptcy Court for the Middle District of North Carolina comes about seven weeks after Dynamic lost a legal fight in U.S. District Court for the Middle District.

In its bankruptcy protection filing, Dynamic lists between 200 and 999 creditors; assets between \$10 million and \$50 million; and liabilities between \$50 million and \$100 million.

The company projects that money will be available for distribution to unsecured creditors.

The airline plans to continue normal operations and has arranged for a credit facility to fund its operations while it attempts to reorganize out of bankruptcy.

It is not clear how many employees Dynamic has.

Paul Kraus, the company's chief executive, said in a statement that bankruptcy protection "will enable us to continue to serve our customers, keep our team employed and work with our vendors while we navigate through the challenges presented."

Among its top-20 unsecured creditors are B.K.P. Enterprises & Expim International of Greensboro, awarded a combined \$3.49 million arbitration judgment in December that the company is disputing; and PMC Aviation LLC of Greensboro, awarded a \$1.2 million arbitration judgment in April that also is being disputed.

"While debtor has filed a notice of appeal and intends to challenge the judgment and award, Dynamic has no immediate recourse to stay the judgment and has determined the commencement of the Chapter 11 case is necessary," the company said in its statement.

Dynamic is arguing in federal court that the judgments have not been fully approved legally. It is challenging the judgments under the International Commercial Arbitration Act.

However, a federal judge dismissed that claim in a May 31 ruling.

"The court agrees with plaintiffs that the very filing that Dynamic offers as one of the reasons that this court should dismiss plaintiffs' petition or stay these proceedings appears itself to be in direct violation of the rules the parties agreed would govern the arbitration," according to the May 31 ruling.

Dynamic's largest unsecured creditor is Air India Inc. at \$10.5 million from another arbitration award that Dynamic continues to dispute.

Dynamic said the bankruptcy filing was related primarily to chartered flights it made for Air India in 2014 to Saudi Arabia for hajj, the pilgrimage to Mecca by Muslims.

In April, the Canadian Arbitration Association determined that Dynamic was in breach of contract by failing to pay commissions to B.K.P. Enterprises in connection with the hajj flights.

Dynamic's fleet includes six Boeing 767s serving routes that include New York and Ontario, Calif., domestically. International service includes Guyana; Guayaquil, Ecuador; Saipan in Northern Mariana Islands; and Changchun and Nanchang, China.

The aircraft can carry 235 passengers using 21 lie-flat business-class seats and 214 economy-class seats.

In a separate announcement Wednesday, Dynamic said it will offer round-trip charter flights between Ontario, Calif., and Nanchang on Saturdays and Tuesdays for a seven-week period through Aug. 30.

There will be an intermediate stop in Anchorage, Alaska. (www.greensboro.com)

USCIS released a revised version of Form I-9

Instructions for how to download Form I-9 are available on the Form I-9 page.

Employers can use this revised version or continue using Form I-9 with a revision date of Nov. 14, 2016 N through Sept. 17. On Sept. 18, employers must use the revised form with a revision date of July 17, 2017 N. Employers must continue following existing storage and retention rules for any previously completed Form I-9.

Revisions to the Form I-9 instructions:

■ USCIS changed the name of the Office of Special Counsel for Immigration-Related Unfair Employment Practices to its new name, Immigrant and Employee Rights Section.

■ USCIS removed "the end of" from the phrase "the first day of employment."

Revisions related to the List of Acceptable Documents on Form I-9:

■ USCIS added the Consular Report of Birth Abroad (Form FS-240) to List C. Employers completing Form I-9 on a computer will be able to select Form FS-240 from the drop-down menus available in List C of Sections 2 and 3. E-Verify users will also be able to select Form FS-240 when creating a case for an employee who has presented this document for Form I-9.

USCIS combined all the certifications of report of birth issued by the Department of State (Form FS-545, Form DS-1350, and Form FS-240) into selection C 2 in List C.

■ USCIS renumbered all List C documents except the Social Security card. For example, the employment autho-



Medi-Spa NOW OPEN!

- Cool Sculpting - Permanent Fat Removal
- Cavitation - Skin Tightening
- Botox - Get Rid of Facial Lines
- B-12 Shots
- Bio-identical Skin Care Products

THRIVE, INC.

Saipan's Premier Medi-Spa

LOCATED ABOVE PARADISE DENTAL CENTER • 234-4043
Follow us on Facebook @ThriveSaipan

PHI Pharmacy

21st ANNIVERSARY SALE!

July 10 - 29, 2017 at both locations!

50% OFF
on Selected Items

25% OFF
All OTC Items

35% OFF
Supplements & Sports Nutritional Products

Hospital Supplies

Open everyday of the year, providing prescription medication and healthcare essentials to the people of the CNMI for over 20 years.

Diabetes Products

Two Convenient Locations:
Navy Hill (CHC) Tel. (670) 323-5000/01 • Fax (670) 323-5011 Mon-Fri: 8am-6pm | Sat & Sun: 8am-4pm
Dandan (Joeten) Tel. (670) 235-6170/74 • Fax (670) 235-6180 Mon-Fri: 8am-6pm | Sat: 8am-4pm

Visit us on www.facebook.com/phipharmacy • PHI Pharmacy...the pharmacy you can trust!

WELCOME

TO Fabulous

SAIPAN VEGAS

NEW 9 O'CLOCK SUPER RAFFLE

Last week of the Fabulous Vegas Super Raffle with lots of great prizes and the \$1000 grand prize still to be won!

Announcing bonus additional super raffle draws on Wednesday night at 9pm, and an additional Super Raffle draw on Friday at 10 pm.

Due to popular demand we are extending our trading hours to 24 hours on Wednesday night for the next two weeks, and will talk to players if you want us keep these hours. Tell us if you like these new extended trading hours.

Come play today you could be the next BIG WINNER!

Location: Middle Road (next to McDonald's) • Hours: 12:00pm – 4:00am (Monday – Wednesday)
24 hours (Thursday, Friday & Saturday)

Interior provides \$189,881 to NMCI

WASHINGTON, D.C.—Acting Interior assistant secretary for Insular Areas Nikolao Pula made available \$189,881 last week for natural and cultural resource protection in the Commonwealth of the Northern Mariana Islands.

"We are pleased to support Gov. Ralph [DLG] Torres' team in shoring up management plans and prioritize efforts around natural resource protection," said Pula. "We are also pleased to support a non-governmental organization that is working towards the same goals by training youth."

Commonwealth of the Northern Mariana Islands
NORTHERN MARIANAS HOUSING CORPORATION
P.O. BOX 500514, Saipan, MP 96950-0514
Email: nmhc@nmhc.gov.mp • Website: http://www.nmhgov.net

PUBLIC NOTICE

"This notice is paid for with HUD funds by NMHC"
July 14, 2017

Governor Ralph DLG. Torres, Lt. Governor Victor B. Hocog, and the Northern Marianas Housing Corporation (NMHC) Board of Directors, through its Chairman of the Board, Ignacio Perez, wish to announce that the Program Year 2017 Annual Action Plan is available for the public's review and comments. The Action Plan encompasses applications for the Community Development Block Grant (CDBG), Home Investment Partnerships (HOME), and Emergency Solutions Grant (HESG) Programs in the Commonwealth. Comments may be directed to Mr. Jacob Muna, Planner, NMHC Central Office, P.O. Box 500514, Saipan, MP 96950, or by fax to (670) 234-9021. Deadline for the comment period is July 31, 2017, no later than 4:30 p.m.

The Plan is available for public review and inspection at NMHC's Central Office in Garapan, Saipan, and at the respective NMHC Field Offices in Tinian and Rota during regular business hours, 7:30 a.m. to 4:30 p.m., Monday through Friday, except for CNMI holidays. Individuals needing special accommodations to review and comment on the plan must contact Mr. Jacob Muna for arrangements by calling (670) 234-6866/7689 during regular business hours.

/s/ Zenie P. Mafnas
Deputy Corporate Director

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
NORTHERN MARIANAS HOUSING CORPORATION
P.O. BOX 500514, Saipan, MP 96950-0514
Email: nmhc@nmhc.gov.mp • Website: http://www.nmhgov.net

INVITATION FOR BID NMHC IFB 2017-001

(This ad is paid for by NMHC with HUD funds.)

BID SUBMISSION DATE: TUESDAY, JUNE 27, 2017 • TIME: 10:00 AM

“DIVISION OF YOUTH SERVICES (DYS) CENTER REPAIRS”

Bid packets will be available on Monday, May 22, 2017, at the NMHC Central Office in Garapan, Saipan, during regular working hours (7:30 a.m. to 4:30 p.m.) Monday thru Friday except CNMI holidays. A non-refundable payment of Fifty Dollars (\$50.00) is required for each set. Payment shall be by cash, credit card, money order or cashier's check (payable to the Northern Marianas Housing Corporation).

A mandatory pre-bid conference will be held at 1:30 p.m. on Thursday, June 8, 2017, at the NMHC Conference Room, and all interested bidders will be given the opportunity to walk through the proposed site, familiarize themselves with the required work and ask questions regarding the project. Attendance at this conference and site visit are considered essential to the bidders' understanding of the project elements and a company that does not have a representative in attendance at the pre-bid conference will be considered as a non-responsive bidder. All questions regarding this project must be submitted in writing to Mr. Jesse S. Palacios, Corporate Director of the NMHC, P. O. Box 500514, Saipan, MP 96950, or faxed to (670) 234-9021 no later than 10:30 a.m. local time, Thursday, June 22, 2017.

This project is funded by a grant from the U. S. Department of Housing and Urban Development (HUD), under its Community Development Block Grant (CDBG).

The provisions of the CNMI Procurement regulations, NMIC 70-30.3-725 AND 70-30.3-730 Prohibiting Gratitudes, Kickbacks and Contingent Fees shall apply.

For more information, contact Ms. Jocelyn C. Seman, Procurement Officer, or Mr. Jacob J. Muna, Planner/Environmental Officer at (670) 234-6866/7689 during regular business hours, 7:30 a.m. – 4:30 p.m. Monday through Friday, except CNMI holidays.

/s/ Benjamin K. Petersburg
Acting Board Chairman &
Contracting Officer

All efforts are critical to the future of the CNMI."

The Bureau of Environmental and Coastal Quality's Division of Coastal Resources Management will use \$95,000 to:

- 1) Train staff in marine and island eco-systems management;
- 2) Conduct "Ridge to Reef" educational programs for youth to make connections between land-based sources of pollution and coastal health;

3) Provide surveillance, monitoring, and outreach to reduce littering, violations, and illegal dumping in Garapan;

4) Update the CNMI Coral Reef Management Priorities Setting Document through a two-day workshop involving all key agencies and stakeholders on island;

5) Study Saipan lagoon seagrass to establish benefits these habitats provide to near-shore coastal environment; and

6) Update Conservation Action Plan for Garapan, the

most densely populated watershed in the CNMI, and to help prioritize the most imminent among threats such as polluted storm water runoff, nutrient pollution, or algal growth.

The Micronesia Islands Nature Alliance, a non-profit organization in the CNMI, will use \$94,881 to educate and train high school and middle school students in community conservation and stewardship programs to protect Saipan's natural resources and the en-

vironment. This year the students will develop a school conservation action plan. They will also carry out reforestation projects at several public parks, particularly in coastal areas impacted by Typhoon Soudelor in 2015.

All funding for cultural and natural resources protection and management was provided for under what was formerly called the Coral Reef Initiative. All four U.S. territories of the U.S. Virgin Islands, American

Samoa, Guam, and the Com-

monwealth of the Northern

Mariana Islands as well as the three freely associated states of the Federated States of Micronesia, the Republic of the Marshall Islands, and the Republic of Palau are eligible to apply.

Discretionary funding pro-

vided by the Office of Insular

Affairs in the Department of

the Interior is appropriated an-

nually by the U.S. Congress to

help address needs in the U.S.

Insular Areas. (PR)

Samoa, Guam, and the Com-

monwealth of the Northern

Mariana Islands as well as the

three freely associated states of

the Federated States of Mic-

ronesia, the Republic of the Mar-

shall Islands, and the Republic of

Palau are eligible to apply.

Discretionary funding pro-

vided by the Office of Insular

Affairs in the Department of

the Interior is appropriated an-

nually by the U.S. Congress to

help address needs in the U.S.

Insular Areas. (PR)

Road closure for sewer line installation

The road on the intersection of Chalan Pale Arnold Road and Chalan Monsignor Guerrero Road was closed starting last Saturday, July 22, 2017, and will remain closed until Friday, July 28, 2017, 6pm for a sewer line installation.

The Commonwealth Utilities Corp.'s contractor for the W-4, W-5 and W-6 Sewer Lift Station Elimination Project,

Hong Ye Construction, will be completing the last 150 feet to 200 feet installation of sewer main for the contract.

For the safety of the men and women working at the site, motorists are advised to proceed with caution and take alternative routes when travel-

ing by the area.

Meanwhile, there is currently a sewer line replacement project in Garapan due to a collapsed line along Coral Tree Avenue fronting the Fiesta Resort & Spa Saipan.

CUC's contractor, RNV Construction, began replacing the collapsed line on July 20 and will continue

COMMUNITY BRIEFS

Military training at FDM, Barrigada

ASAN, GUAM—The U.S. military will conduct training at the island of Farallon de Medinilla during the following dates and times:

- July 24, from 9am to 4pm and 7pm to 11pm
- July 25, from 7pm to 11pm
- July 26, from 9am to 4pm

The military will also conduct training at the former Adm. Nimitz Golf Course in Barrigada on July 26-27, from 5am to 1pm

It is recommended the public, fishermen and marine tour operators monitor the Coast Guard broadcast notice to mariners for advisories.

These trainings are designed



FREE Small Business Development Workshops

LEARN MORE ABOUT BANK OF HAWAII'S SMALL BUSINESS REVITALIZATION & DEVELOPMENT GRANT & THE ABC'S OF CREDIT

Wednesday, July 26, 2017

3:00PM—4:00PM or 5:00PM—6:00PM

Location: Latte Training Academy Facility

3rd Floor, Marianas Business Plaza Room 318/319

Presented by:

Rose Sumor, Bank of Hawaii Vice President, Branch Manager, CNMI Branch

Starting a home-based or micro-business? Need working capital or purchasing inventory? Do you know what and how important "credit" is? What does your credit report tell your creditors, even potential employers, and why does it matter? In this seminar, you'll learn the answers to those questions, as well as how to ensure that you build or maintain a good credit score. You'll also learn how to get your credit lines back under your control, or, if that's too overwhelming, where to find help. While every credit situation is unique, The ABC's of Credit will provide you with a foundation of knowledge so that you can take control of one of your most important financial assets — your credit worthiness.

YOUR PARTNER FOR SUCCESS

Supported by: Bank of Hawaii

Limited Seating. Register now at: pisbdcn.ecenterdirect.com

For more information or to reserve your seats today, contact the CNMI SBDC at 670-664-3018 or visit www.pacificsbdc.com

DISCLAIMER: The Pacific Islands SBDC Network is funded in part through a co-operative agreement with the U.S. Small Business Administration. All opinions, conclusions or recommendations expressed are those of the author(s) and do not necessarily reflect the views of the SBA. Requests for reasonable accommodations for persons with disabilities will be made if requested at least two weeks in advance. Language assistance services are available for limited English proficient individuals with enough advance notice. For arrangements, please contact Lorie Pangilinan, P.O. Box 5795 CHRB, Saipan MP 96950 Tel: (670)664-3018 or Email lorie@pacificsbdc.com. Services are extended to the public on a non-discriminatory basis.

VA benefits outreach on Saipan

The U.S. Department of Veterans Benefits Administration will be visiting Saipan on Aug. 31, 2017, and will be conducting a benefits workshop/claims clinic and outreach at the Pedro P. Tenorio Multi-Purpose Center in Susupe. The workshop/claims clinic will be from 9:30am to 12:30pm. Veterans will also be meeting one-on-one with the benefit counselor from 12:30pm to 3:30pm. (PR)

Ayuda invites public to fair

The Ayuda Network, Inc. is inviting the public to a Community and Partnership Fair on Saturday, July 29, at the Filcom Pavilion/Civic Center basketball court from 7:30am to 4pm. The purpose of the fair is to acknowledge and promote network partners for their 25 years of support and contributions to the Commonwealth Diabetes Coalition. For more information, contact the Ayuda Network at 322-7469 or ayudanet@ayuda-cnmi.org or crsp/ayudanet1@gmail.com. (PR)

Water outage in Kagman today

The entire Kagman will experience a water service interruption today, July 24, from 9am to 1pm. The Commonwealth Utilities Corp.'s leak detection consultant will be performing leak detection on the CUC water transmission lines throughout Kagman. In doing so, shutting-off the water wells is required to locate leaks in the area. This project will enhance CUC's capability to provide reliable water service in the future and reduce inconvenience to its consumers. For more information, contact the CUC Customer Call Center at 664-4282. (PR)

Instagammers tout healing in the Marianas

Instagammers of online travel site Tabi MUSE are touting the healing properties of a vacation in the Marianas.

Tabi MUSE, based in Japan, targets women in their 20s and 30s who are interested in travel and fashion.



MVA
Popular Japanese Instagammers Sakie Ninomiya, left, and Nanako Saito arrive at the Francisco C. Ada-Saipan International Airport on July 7, 2017, on a familiarization tour organized by the Marianas Visitors Authority.



MVA
Tea from Cha and other refreshments are promoted this month by Japanese travel site Tabi MUSE.

RESIDENTIAL, GOVERNMENT & BUSINESS DISCONNECTION NOTICE

IT&E would like to remind its **RESIDENTIAL, GOVERNMENT & BUSINESS** customers that current billing of accounts are due on or before **Tuesday, July 25, 2017**. Payments not received by close of business on **July 25** will result in temporary suspension of all telephone services after 6:00PM on that day.

To prevent temporary suspension, customers are hereby advised to kindly pay their bills on or before **Tuesday, July 25, 2017**. Disputed billings must be brought to IT&E's attention in person or in writing by **Tuesday, July 25, 2017**. Customers must pay any current amount due, to avoid disconnection.

If you have questions regarding billing or services please call Customer Service at 682-4ITE (4483) or visit our Customer Service or Business Sales Center – Middle Rd., Gulao Rai office.



To avoid disconnection you may pay your IT&E bill at any location below:

SHELL Service Stations – up to 4:00pm
Chalan Laulau – up to 5:00pm
Timian/Rota Office – up to 4:30pm
TSL Plaza – up to 6:00pm
Online payment – up to 9:00pm

PAY BY PHONE: 682-4ITE (4483)

Earlier this month, popular Japanese Instagammers Sakie Ninomiya and Nanako Saito visited Saipan for two articles titled, "Healing Islands-The Marianas" and "Travel Treats for All Busy Working Women."

"With its stunning nature, clean environment, and peaceful community, the Marianas are a perfect place to rejuvenate mind,

body, and spirit," said Marianas Visitors Authority marketing manager Bruce Bateman. "We want to share this message and have more visitors choose the Marianas as a healing oasis."

While on Saipan, the Instagammers visited Managaha, went snorkeling at Grotto, indulged themselves at Mandi Asian Spa, took in the sunset

at Micro Beach, participated in yoga at Hyatt Club Elan, visited Kensington Hotel poolside, and toured Paupau Beach, Bird Island Lookout, Church of Christ. They visited T Galleria, I Love Saipan, Mariana Ocean, and Hafa Adai Shopping Center for shopping.

The pair also dined at Avenue Restaurant, Michelle's

Pool Bar at Aqua Resort Club, Sabalu Market, Mango Six, and Hyatt Regency Saipan, where they also lodged during their familiarization tour.

Tabi MUSE receives 15,000-20,000 page views per article. The two articles are anticipated to bring the Marianas \$18,000 in ad exposure value. (MVA)



MVA
Enjoying Mandi Asian Spa is one of the attractions in the Marianas promoted by Japanese Instagammers Sakie Ninomiya, left, and Nanako Saito.

Dear Valued Customers,
Please be advised that our **Galaxy II, Snack Bar LLC**, Chalan Kanoa branch area will be closed for renovations starting July 23, 2017 for approximately ten (10) days.
I am thrilled to announce that our highly anticipated interior renovation has begun, with the expected completion date of August 2, 2017.
While our business remains a preferred choice of many families and business alike, these extensive renovations will allow us to provide the very best choice experience to our valued customers.
During the renovation period, we encourage everyone to visit our Tanapag Branch located at the Sebastian Building, right across from Tanapag Middle School. We apologize for any inconvenience and offer our sincere thanks for your patience and support. If you have any concerns, please email us at a.teno01@gmail.com or call us at (670) 788-2658 or (670) 234-5542.
With thanks,

**Anthony M. Tenorio, President
Galaxy II, Snack Bar LLC**



MVA
Visiting Managaha and other beaches in the Marianas are some of the activities promoted by Japanese Instagammers Sakie Ninomiya, left, and Nanako Saito in July 2017 on Japanese travel site Tabi MUSE.

HIGHWAY EXPRESS **Saipan's Best Quality Tire Center**
AUTO CARE CENTER ON MIDDLE ROAD IN GULAO RAI

EVERYDAY LOW PRICE

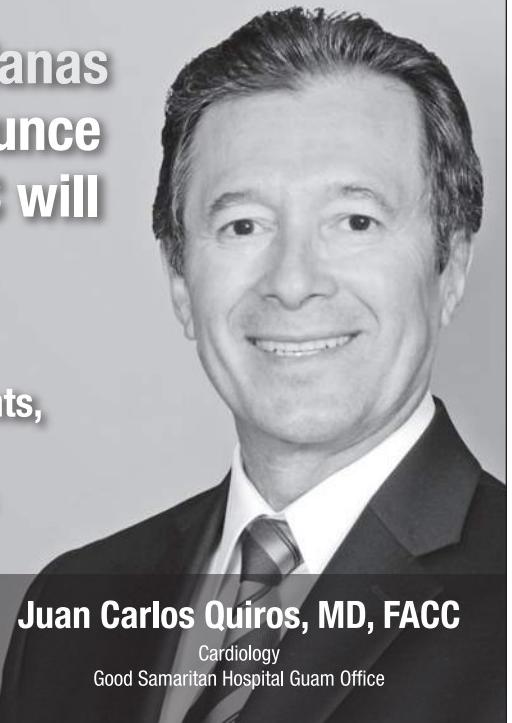
ROADSTONE TIRE **FALKEN** **PIRELLI** **KIXX**

Tel. No.: 234-8473 • Fax No.: 234-7567
Mon to Fri: 8:00a.m. - 5:00p.m. • Sat: 8:00a.m. - 1:00p.m. • Sun: Closed

Good Samaritan Hospital and Marianas Medical Center is pleased to announce that Juan Carlos Quiros, MD, FACC will be on island August 15 - 17, 2017.

For more information, referrals and/or appointments, please contact your physician or Marianas Medical Center at (670) 234-3926/27/28

Meet Dr. Juan Carlos Quiros cardiologist and Medical Director for Good Samaritan Hospital Guam office bringing cardiovascular care excellence to the CNMI.



Juan Carlos Quiros, MD, FACC
Cardiology
Good Samaritan Hospital Guam Office

As a leader in cardiology, he depends on Good Samaritan Hospital to deliver the premier technology and resources he needs.

"I partnered with Good Samaritan Hospital because of its tradition and longstanding commitment to excellence."

We're proud to be among the highest ranked healthcare providers in the nation: the distinguished doctors of Good Samaritan Hospital.

Good Samaritan Hospital's acclaimed programs include six nationally recognized centers of excellence.

Visit our website at www.goodsam.org

Good Samaritan Hospital
A Tradition of Caring

1225 Wilshire Blvd., Los Angeles, CA 90017

www.goodsam.org

Opinion

Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER

Volume XXVII, Issue No. 145

Published daily at 2/F JP Center,
Beach Road, Garapan, Saipan, CNMI
Mailing Address: PMB 34, Box 10001, Saipan, MP, 96950

Jayvee L. Vallejera EDITOR
jayvee_vallejera@saipantribune.com

Mark Rabago ASSOCIATE EDITOR
mark_rabago@saipantribune.com

MEMBER

AP The Associated Press

Pacific Islands News Association

EDITORIAL

How America could manufacture more

With modest fanfare, the White House launched Made in America Week on Monday. In the afternoon, the Trump administration held a series of events to show off American products.

We agree with President Trump that making things in America is, as he might put it, marvelous, lovely and fantastic. This country has a big manufacturing base, which should be cause for satisfaction.

But that doesn't mean America should close itself off to the rest of the world's products just so more can be made here.

Some people mistakenly suggest such protectionism will conjure domestic manufacturing into being from nothing. Trump talks this way sometimes. But without exception, such advocates either overlook or avoid acknowledging that American manufacturing is strong. Today, we make about 86 percent more in real terms than 30 years ago. What causes anxiety and resentment is that we're doing so even while one-third of manufacturing jobs disappeared during that same period. Technology has made the remaining 12 million manufacturing workers three times as productive as they were in 1987.

So one cannot make old jobs "return" with protectionist policies. The jobs went to machines, and we'd be much poorer if the work were again done by hand.

That doesn't mean American manufacturing employment cannot boom again. The key is to look not backward at how to keep every company's manufacturing in the U.S., but forward at how to develop and augment America's advantages so manufacturers want to operate here.

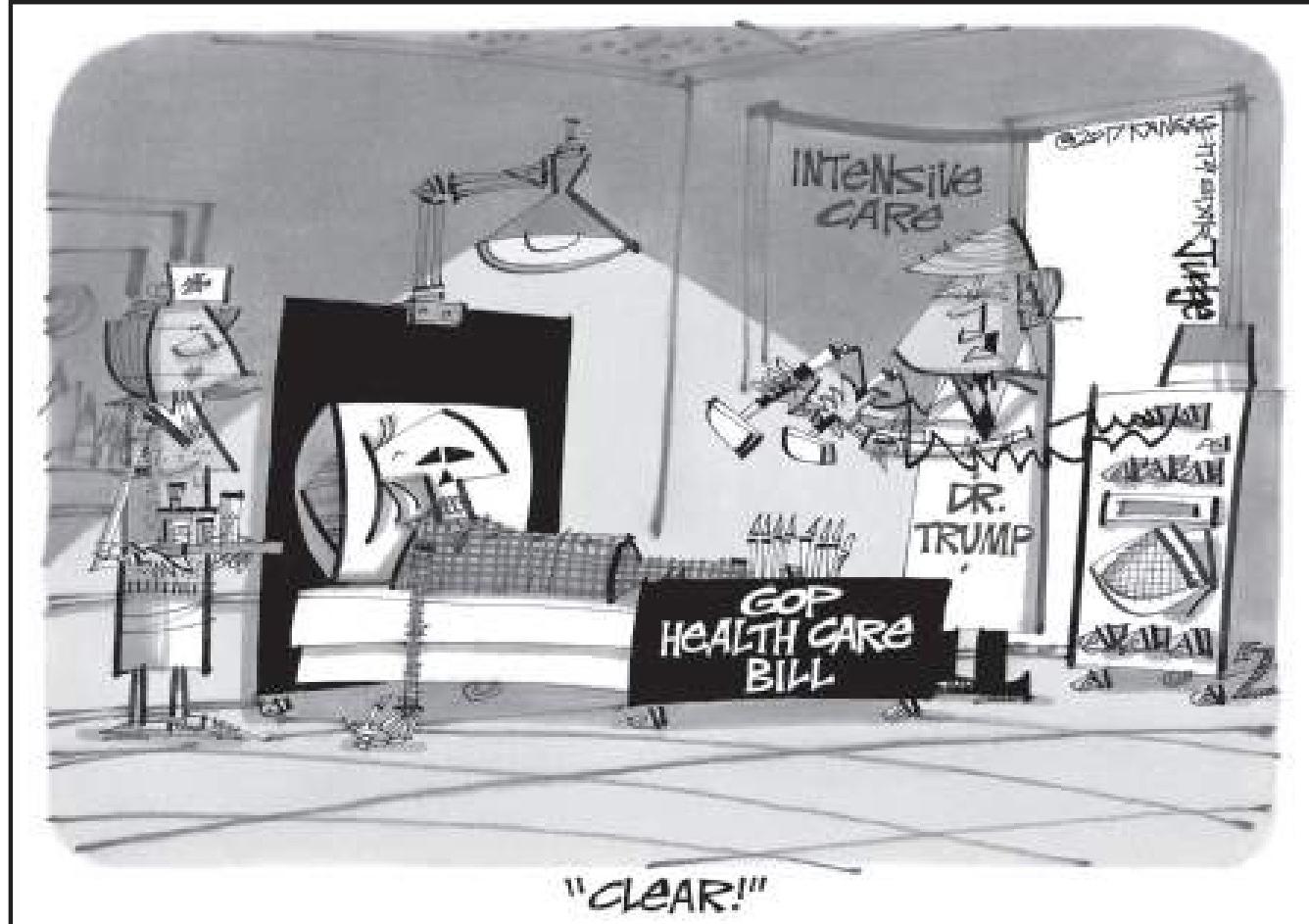
Why do people want to use the "Made in USA" label? American workers are relatively expensive as compared with foreign counterparts. But that's not the only part of the equation. The U.S. has many things other nations don't, and Trump can boost manufacturing with policies that augment those advantages.

Natural gas is supplying a new source of cheap and abundant energy crucial to most manufacturing, which many other developed nations lack. America is rich not only in energy but also in every other kind of raw material, including the timber in our national forests. We also still, despite complaints, have among the best infrastructure in the world for easy, low-cost shipping of products. Any factory in the U.S. has physical proximity to the wealthiest large consumer base on the planet.

America, broadly, has business-friendly laws. It has a well-established rule of law, and an inviting, clean legal culture. Manufacturers don't have to worry about paying bribes to keep their operations running or about the government's expropriating factories or stealing intellectual property.

The U.S. has another advantage that protectionism would ruin: We generally practice free trade. As George Mason University's Donald Boudreax observed, more than half our imports are inputs for domestic manufacturing, either raw materials or components brought here for the production process. This is how free trade has allowed foreign automakers to bring jobs to places such as Alabama, South

See AMERICA on Next Page



Surveying the cultural and economic sources of America's discontent

The 2016 election cycle revealed a deeply unsettled spirit in many Americans. The unease they feel about their future, their families, their communities and their country was palpable. What are the sources of this discontent?

We often hear about job and wage numbers, but the issue here is more than just economic. Across America, the marriage rate is declining, religious attendance is drifting downward and teen drug use is increasing. Family and faith have helped ground and direct generation after generation throughout human history. We cannot ignore their erosion if we hope to address current anxieties.

These cultural indicators and many others are charted in The Heritage Foundation's just-released 2017 Index of Culture and Opportunity and they point to problems that Washington can't ultimately solve. But neither can it afford to overlook them.

"Reform divorced from an understanding of culture is a recipe for spending money, wasting time, and doing very little good," writes J.D. Vance in the introduction to the index. Vance's June 2016 bestselling book "Hillbilly Elegy" has captured the current state of unsettlement better than any other description, vividly telling the story of "a family and culture in crisis."

As Vance points out, one of the challenges in responding to this crisis is the absence of easy policy fixes for what's ailing America. Reading the 30 contributors' essays in the Index of Culture and Opportunity underscores his point. Policy can begin to address some of the challenges but it can fully resolve almost none of them.

Addressing today's social and economic challenges is hard work that will require everyone's contribution. Some obstacles — like Obamacare's burdensome regulations driving up health insurance costs — are the result of federal policy that leaders in Washington must act urgently to remove.

As the index shows, the amount of money taxed away by the federal government has risen in the last decade, and the number of economically significant regulations has increased. That puts burdens on families, charities and ministries that provide the stability that communities and especially young people need to thrive. It also undermines these institutions' capacity to be the first line of defense when trouble comes.

Meanwhile, food-stamp participation is way up, along with overall government welfare spending. Providing a safety net for those truly in need is one thing. But an ever-expanding welfare state that encourages long-term government dependency on taxpayers' dime is unfair to those working hard to provide for them-

By JENNIFER A. MARSHALL

The Heritage Foundation

Jennifer A. Marshall is vice president for the Institute for Family, Community and Opportunity at The Heritage Foundation, 214 Massachusetts Avenue NE, Washington, D.C., 20002; Website: www.heritage.org. Information about Heritage's funding may be found at <http://www.heritage.org/about/reports.cfm>.



selves and their families.

What's more, it hurts those who are supposed to be the beneficiaries. As syndicated columnist Cal Thomas puts it in his index commentary, "Handouts with no expectation of personal responsibility rob individuals of their dignity."

The decline in unemployment in recent years is good news on its face but behind the trend is an employment-to-population ratio that tells a more troubling story. Many Americans have simply stopped looking for work and therefore are not counted in the unemployment rate. As researcher Nicholas Eberstadt explains, "There are three prime-age men neither working nor looking for work for each prime-age man who is technically 'unemployed.'"

Challenges like these show why tackling today's social challenges cannot be relegated entirely to policymakers and also require responsibility close to home. High rates of prisoner recidivism, for example, won't be changed without communities committing to reintegrating ex-offenders. Jon Ponder's Las Vegas-based Hope for Prisoners points the way in a story he relates in the new index. Restoring marriage and reducing unwed childbearing, critical to expanding opportunity, will require new initiative on the part of communities, religious congregations and others.

Most conversations about opportunity focus on economic indicators such as unemployment and job creation. But opportunity springs from much more than that. Early in an individual's life, family and community have a lot to do with whether he or she will be able to reach and grab hold of the opportunities of education and economic freedom offered later in life.

Heritage's 2017 Index of Culture and Opportunity ([heritage.org/culture](http://www.heritage.org/culture)) gives many reasons for concern — and at least as many reasons for hope. American leaders and citizens alike will need to call on all their policy and cultural ingenuity to tackle the concerns and bring those hopes to fruition.

EDITORIAL POLICY

Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Of fake PR, serial commas, and four-letter words

My co-editor and I recently spent a very productive afternoon griping about press releases sent to the *Saipan Tribune* office that do not conform to standard formats, composition, rules, etc. That includes non-high-resolution photos that measure less than 1 megabyte (itty-bitty photos that make us go, "Does he intend to see this on a microscopic screen?"), text that appears to be a speech sent in without any rewrites, and what pretends to be a press release but uses a lot of personal pronouns (I, you, me, we, us, etc.).

I am not a class act and all my four-letter words fly thick and fast inside the newsroom when faced with a faux PR. As you can see, we have our self-involved version of fun and stress relief.

It's not the atrocious grammar or syntax that offends (although that in itself is enough to cause sleepless nights and lingering migraines), but sending in a press release without a passable rewrite is the equivalent of throwing a brick at the paper and expecting the editor to refashion it into acceptable work. That means it piles on to our workload. Yey, more work for me!

Which I keep telling people is a gross misunderstanding of

what we do. It's not my job to check your tenses. Or whether your subject and verb agree. Somebody did point out in a comment that I am not capable of editing the newspaper because English is my second language. Sure, sure.

However, he seemed to take offense when I told him that checking for spelling and grammar is so far down my list of responsibilities that I rely on Google for that.

Checking for grammar and syntax is actually the job of the copy editor, or the proofreader, dearie. A copy editor, as implied by the term, checks for grammar, spelling, style, and how to use commas properly. A proofreader, on the other hand, spots and corrects errors before final publication.

I am the managing editor, and a big part of my job is getting the entire newspaper to the printing press. That includes farming out reporters to get stories and assigning stories to pursue (such as getting updates on the love life of Superman), sorting the stories in order (which story goes on page 1, which goes on page 8, etc.), selecting which photos to use (Should it be Spider-Man or Wonder Woman?), and jousting with an unpredictable public, a mercurial boss if there ever was one.

A big part of my job is unseen, which is about using my judgment (weighing which story would result in more people actually plunking down .50 cents to buy the paper). So, no, I don't need to know how to parse the words "lie," "lay," "lain," and "lying" in order to do my job. Don't get me wrong, I do know how to use those words and which one functions as an intransitive verb, but that is not a requirement of the job. At least, you won't hear me say "I could care less."

Sometimes, my co-editors think it would be so much easier for everyone if press releases are sent in as bullet points of the five W's and 1 H (who, what, where, when, why, and how). Easier to

By JAYVEE VALLEJERA

Managing Editor



Jayvee Vallejera is the managing editor of *Saipan Tribune*.

read, direct to the point, and much easier to edit. That way, it's just a matter of copy-pasting stuff and you will have a story for a hole on page 6. Easy-peasy!

And speaking of press releases, two who send in excellent press releases that conform to rules and require minimal editing are Cathy Perry Harris of Integrity Communications and Shirley Sablan of Pacifica Underwriters. Seeing their names on my email inbox means I am already assured of enough material for a page, text that does not make much demands on my talents, and photos that already have captions.

Press releases from the Northern Marianas College are, as expected, professionally written, sent well within deadlines, and with photos that are high-resolution. What is noteworthy is that we get NMC press releases that already conform to the *Saipan Tribune* style. For example, we use the serial comma (or Oxford comma), and NMC press releases do that too. Also, the *Tribune* uses a single space after a period; NMC materials do that too. So, sometimes, it's just a matter of affixing their material on a page without the drama and tears. Or the need for my momma's prayers for my soul.

LETTER TO THE EDITOR

Others also protect their seas

The Northern Marianas are not the only islands in the Pacific to have a large marine protected area that restricts industrial fishing. Last week the Cook Islands parliament formally established its Morae Moana, which includes an area that restricts all industrial fishing around all of their islands out to 50 miles.

One of the first countries to protect large areas of ocean was Kiribati, home to the Phoenix Islands Protected Area. The 400,000 square kilometer marine protected area is one of the largest in the world and protects about 11% of Kiribati's waters.

Palau is another country that protects large swaths of its ocean. Two years ago President Tommy Remengesau created the 500,000 square kilometer Palau Marine Sanctuary, which puts 80% of their Exclusive Economic Zone off-limits to fishing. The remaining 20% is open for local fishermen. The law also bans exports of fish, so all fish that are in their waters must be used locally.

The largest protected area in the Pacific is the 1.5 million square kilometer Papahanaumokuakea Marine National Monument in Hawaii. It is the first protected area in the world to merge modern and cultural conservation practices.

Other places in the Pacific considering these large scale marine protected areas include New Zealand around the Kermadec Islands, Australia's Coral Sea, Easter Island, the Austral Islands and Marquesas Islands in French Polynesia, and New Caledonia.

The International Union for the Conservation of Nature recommends protecting 30% of the ocean. The 1,300 government agency and non-government organizations that make up the IUCN made the recommendation based on the best available science with a goal to "reverse existing adverse impacts, increase resilience to climate change, and sustain long-term ocean health."

Our Mariana Trench Monument Islands Unit is about 42,000 square kilometers and covers about 5% of the US EEZ around our islands. I hope that our people can learn about the other islands protecting the ocean, and that we can come to understand how important this is.

Ignacio V. Cabrera

I Agag, Saipan

AMERICA

From Page 10

Carolina and Indiana.

If Trump wants to increase manufacturing employment, he should support policies that help people responsibly exploit natural resources, reform labor laws and repeal regulations that discourage job creation. Most importantly, he should preserve and expand the free flow of goods

Get well, Sen. McCain; we need you

You should never write a eulogy prematurely. My Italian grandmother, a woman who knew the perfect alchemy of evil eye, oil and forbidden words, was adamant about the bad luck that derived from doing things the wrong way, in the wrong order, to the wrong people. So there is something a little off in writing in praise of a man who has just been diagnosed with brain cancer. Some will think you are only doing it to start the farewells.

But I have written about Sen. John McCain in the past, in elegiac tones. The senior senator from Arizona has angered liberals and conservatives with his decidedly contrarian, middle-of-the-road views on everything from immigration to campaign-finance reform to Iraq and national security and, most spectacularly, a vice presidential nominee.

Lately, conservatives who support Donald Trump (or simply oppose Hillary Clinton) have been angered by what they see as McCain's unwillingness to play for the home team, and they were not at all happy with his less-than-robust endorsement of Trump in last year's primaries and after the general election. I've had knock-down, drag-out fights with Trumpsters who defended their man even when he made some truly despicable comments about our country's most famous POW.

I also criticized Sarah Palin for endorsing the guy who ridiculed the war hero who gave her a ready-made career.

But today, it's not about the politics. It's about the man.

John McCain spent more than 5 years of his life in captivity in Hanoi. His body was broken in two; he doesn't have the full use of his arm because of the vicious treatment and lack of medical care. He was deprived of sleep, told lies about his family and countrymen, and kept in solitary confinement.

John McCain was tortured. For that reason alone, his voice was both the most poignant and the most powerful when he spoke out against torture in the context of U.S. treatment of detainees during the war on terror.

The sight of McCain lashing out against his own people and using his own scars as personal witness of the immorality of the abuse of prisoners was chilling, moving, and historic. McCain must have been repulsed by these men at Abu Ghraib and Guantanamo, people who, even if they had not been convicted of actual crimes, are self-confessed enemies of our country and our democracy. He must despise the hateful philosophies of those who want to destroy our nation, the nation he defended with every lash against his back and broken bone in his body.

By CHRISTINE M. FLOWERS

Philadelphia Daily News



Christine M. Flowers is a lawyer and columnist for the Philadelphia Daily News. Readers may send her email at cflowers1961@gmail.com.

And yet, McCain has a character forged in a family with a tradition of military service, in his years at the Naval Academy and as an officer, and in a foreign hell, a landscape that now lives only in photos, film and the inner recesses of his mind. That character led him to speak out against the unspeakable.

Many times, I've heard political critics of the senator say "Yes, he's a war hero, but..." and I have to stop them. There is no dependent clause worthy of that first, important phrase. He's a war hero. Period. You do not have to agree with his policies and politics _ in fact, he fought so you would not be forced into philosophical slavery and compliance. But you have to respect the life of this man. Respect means that you do not belittle his service by tying it in to a petty political disagreement. You can say, "I don't like his position on immigration," but you better not reference his years in Hanoi.

John McCain is far from perfect. He cheated on his first wife, who spent long, loyal years waiting for him to come home from North Vietnam. He had some questionable ethical dealings in the late 1980s and early '90s as part of the savings and loan scandal, and he has often allowed his desire to win an election to supplant his fundamental beliefs. He was once a leading light on immigration reform, but the light dimmed when he saw how violently his conservative base reacted. He is not a shadow-casting giant when it comes to political courage.

But he is a giant of another sort, one so rare in this day and age when battles are waged by snarky pundits on the internet. John McCain bled for us. He was beaten, clad in the dirty pajamas of a prisoner. Yet he refused to break faith with the country whose uniform he proudly wore.

He would have died for us. But he is alive, and today he is fighting a most personal battle.

This is not a eulogy, but a prayer. Get well, sir. Your country still needs you.

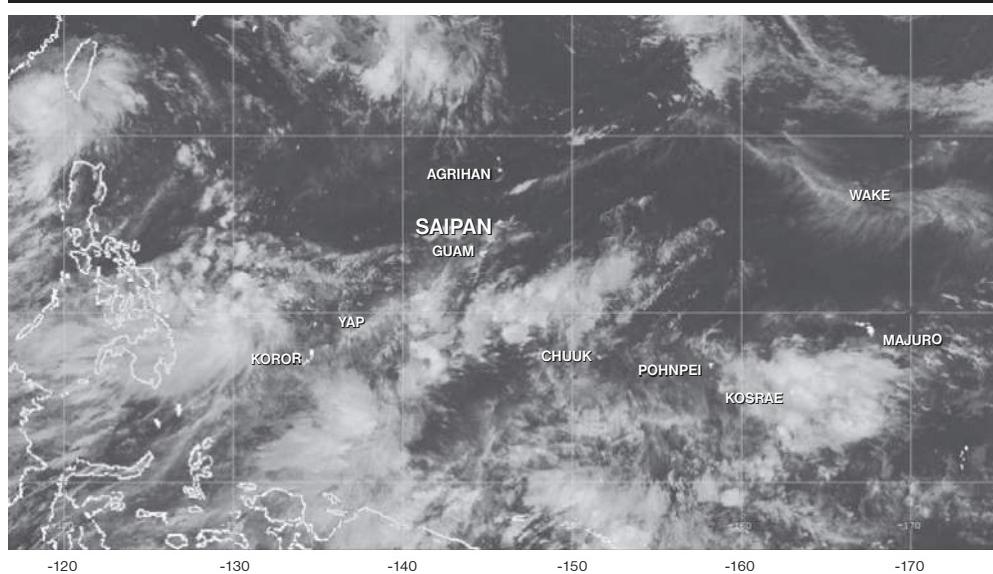
The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Partly sunny with isolated showers and thunderstorms. South winds around 10 mph.	Partly cloudy with isolated showers. South winds 5 to 10 mph.	Partly cloudy with isolated showers.	Partly cloudy with isolated showers.	Partly cloudy with isolated showers.

▲ 88° ▼ 78° **▲ 89° ▼ 78°** **▲ 89° ▼ 78°** **▲ 89° ▼ 78°** **▲ 89° ▼ 78°**

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 5:55 AM, SUNDAY, JULY 23, 2017

Western North Pacific between equator and 25N from 130E to 180.

Increasing moisture today and Monday, mainly at the midlevels will bring a chance of afternoon thunderstorms. Depending on how things develop, pops may need to be marginally increased. Otherwise, no changes were made to the forecast. After Monday, drier air moves back in, and expect a relatively dry period into next weekend. The Marianas will be between a slow moving tropical storm well to the north, the monsoon trough to the west and northwest and several disturbances staying to the south over Micronesia. Wind should gradually shift from easterly trade to southeast then south and eventually southwest, but at least for the balance of the week, should be relatively light.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA	▲	▼	°F
Guam and Rota	Thunderstorms	85° / 78°	
Palau	Thunderstorms	84° / 77°	
Yap	Thunderstorms	85° / 80°	
Chuuk	Thunderstorms	86° / 79°	
Pohnpei	Thunderstorms	84° / 78°	
Kosrae	Thunderstorms	85° / 77°	
Majuro	Thunderstorms	85° / 80°	

AROUND THE GLOBE	▲	▼	°F
Auckland	Rain	57° / 48°	
Beijing	Cloudy	82° / 70°	
Hong Kong	Thunderstorms	88° / 81°	
Honolulu	Partly Cloudy	87° / 77°	
London	Mostly Cloudy	72° / 57°	
Los Angeles	Sunny	83° / 67°	
Manila	Thunderstorms	88° / 79°	
Melbourne	Showers	61° / 46°	
Miami	Thunderstorms	88° / 82°	
New York	Thunderstorms	88° / 75°	
Osaka	Partly Cloudy	93° / 77°	
Paris	Showers	77° / 59°	
Busan	Showers	84° / 75°	
Rome	Sunny	91° / 73°	
Salem	Thunderstorms	88° / 72°	
San Francisco	Mostly Sunny	66° / 54°	
Seoul	Showers	88° / 72°	
Tokyo	Showers	90° / 75°	
Washington, DC	Partly Cloudy	90° / 76°	



NMI CRIME STOPPERS

Anonymous tips can now be submitted through the following:
 ■ Call 234-7272 (PARA) on any telephone
 ■ *11 on any IT&E cellular phone
 ■ Log on to the internet at www.nmicrimestoppers.net

TIDES: SAIPAN HARBOR TODAY FEET		
2:09 AM	LOW TIDE	1.07
7:12 AM	HIGH TIDE	2.10
2:32 PM	LOW TIDE	-0.59
9:23 PM	HIGH TIDE	2.04

DAY	SUNRISE	SUNSET
Monday	5:57 AM	6:49 PM
Tuesday	5:57 AM	6:49 PM
Wednesday	5:56 AM	6:49 PM
Thursday	5:58 AM	6:48 PM
Friday	5:58 AM	6:48 PM

DAY	MOONRISE	MOONSET	MOONRISE
Monday	6:28 AM	7:33 PM	-
Tuesday	7:29 AM	8:25 PM	-
Wednesday	8:27 AM	9:12 PM	-
Thursday	9:22 AM	9:56 PM	-
Friday	10:15 AM	10:37 PM	-

NEWS DESK For news tips, corrections and requests for news coverage, call (670) 235-NEWS (6397), 235-2440, fax 235-3740. E-mail: editor@saipantribune.com. Website: www.saipantribune.com.

CUSTOMER SERVICE For inquiries, purchase of back issues and complaints, call (670) 235-8747, 235-2440, fax 235-3740.

SUBSCRIPTION Published Monday to Friday, *Saipan Tribune* offers door-to-door on-island delivery at an annual rate of \$180. For additional subscription information, call (670) 235-8747 or 235-2769, or fax 235-3740.

ADVERTISING For inquiries contact (670) 235-2769. E-mail: sales@saipantribune.com

FLIGHT SCHEDULE AS OF JULY 22, 2017

DEPARTURES				ARRIVALS			
SAIPAN-GUAM (GUM)				GUAM (GUM)-SAIPAN			
UA6394: 15am 5:05am Daily				UA6393 2:45am 3:35am Daily			
UA6392 8:40am 9:30am Daily				UA6395 7:15am 8:05am Daily			
UA6391 1:30pm 3:10pm 1, 4, 5, 7 via Rota				UA6391 12:10pm 1:00pm 1, 4, 5, 7			
UA6390 2:20pm 3:10pm 2, 3, 6				UA6390 12:10pm 1:50pm 2, 3, 6 via Rota			
UA6398 6:05pm 6:55pm Daily				UA6397 4:45pm 5:35pm Daily			
UA6396 9:50pm 10:40pm Daily				UA6399 8:30pm 9:20pm Daily			
SAIPAN-ROTA (ROP)				GUAM (GUM)-ROTA (ROP)			
UA6391 1:30pm 2:05pm 1, 4, 5, 7				UA6390 12:10pm 12:45pm 2, 3, 6			
ROTA (ROP)-GUAM (GUM)				ROTA (ROP)-SAIPAN			
UA6391 2:35pm 3:10pm 1, 4, 5, 7				UA6390 1:15pm 1:50pm 2, 3, 6			
SAIPAN-SEOUL (ICN)				SEOUL (ICN)-SAIPAN			
TW308 1:35am 5:20am 2, 3, 4				7C3402 9:30am 3:00pm Daily			
OZ626 2:20am 6:00am 1				ZE581 10:10am 3:55pm Daily			
TW308 2:35am 6:20am 6, 7				TW307 7:05pm 12:35am+1 1, 2, 3			
OZ626 2:50am 6:30am 2, 3, 4, 5, 6, 7				OZ625 7:40pm 1:10am+1 7			
7C3403 4:45am 8:30am Daily				TW307 8:05pm 1:35am+1 5, 6			
UJ652 4:45am 8:35am Daily				OZ625 8:15pm 1:45am+1 1, 2, 3, 4, 5, 6			
7C3401 4:00pm 7:45pm Daily				7C3404 10:10pm 3:40am+1 Daily			
ZE582 4:45pm 8:35pm Daily				UJ651 10:00pm 3:30am+1 Daily			
SAIPAN-BUSAN (PUS)				BUSAN (PUS)-SAIPAN			
7C3451 3:10am 6:10am 1, 7				7C3452 9:00pm 2:10am+1 4			

Guam commands celebrate 73rd Liberation Day

By COMMANDER
SUBMARINE SQUADRON 15, PUBLIC AFFAIRS

HAGATNA, Guam—Service members from all branches of the U.S. military joined the local community to commemorate Guam's 73rd Liberation Day with a parade last Friday, July 21.

The day of celebration concluded a week of remembrance and memorials held to pay respects to the lives lost during World War II and the liberation of Guam and the Mariana Islands by the Third Marine Division and U.S. Army's 77th Infantry Division on July 21, 1944.

"I am grateful for everyone who helped make this 73rd Liberation Day parade a success, as it is important to celebrate our history," said Mayor Jesse Blas of Yona, the Liberation Day Parade Committee co-chairman. "Having the military here reflects this year's Liberation Day theme, 'Strength in Unity'; we are truly stronger together as a community, both local and military."

The Third Marine Division, III Marine Expeditionary Force, is based in Okinawa, Japan, and is the unit recognized for liberating Guam in 1944. Several members of the command were in attendance, including Sgt. Maj. Vincent Santiago, who is native of Merizo, Guam, and whose grandmother was nearly executed during the war.

"My grandmother was being lined up to be executed," said Santiago during an interview in 2016. "That day, when she was lined up to be executed, it was raining hard, and the Japanese soldiers called off the execution. A week later, the Marines liberated Guam. So I look back at that story, and it reminds me of why I serve. It gives me the opportunity to give back to a division that gave so much to me and to the people of Guam. So I may be sitting here today as a Marine, but to be sitting here as a division sergeant for the division that liberated my [grandmother], I just swell with pride."

The 73rd commemoration of the Marines landing on Guam included food, music, dancing, special observances and a parade down Marine Corps drive featuring more than 55 floats and marching units. The island's military commands showed their commitment to the Liberation Day parade theme of "Strength in Unity" and showed up in force to participate in the day's festivities.

Commander, Submarine Squadron 15 sailors marched alongside the command's submarine float, handing out

candy to children watching the parade. The float's water jets were manned by COMSUBRON 15 staff member children, and the sail was manned by Lt. Cmdr. Timo-

thy Perkins, the command's operations officer.

Senior Chief Hospital corpsman Michael Atkinson of COMSUBRON 15 escorted Royal Princess Gabriella

Paulino Taitague of the command's sister village, Inarajan. Taitague's float preceded the submarine float and sailors from Atkinson's command.

"What an absolutely won-

derful day of celebration and remembrance," said Cmdr. Matthew Freniere, COMSUBRON 15 deputy for Material Readiness. "We are thrilled to participate in events like this

throughout the year in the local communities, but the Liberation Day parade is the highlight for many of our sailors. The *áfa>maolek*, a Chamorro word meaning 'cooperation' or 'interdependence,' between the sailors and airmen serving in Guam and the Chamorro people is clearly evident in today's events. For COMSUBRON 15 sailors, events like this and the ones in our sister village of Inarajan make us feel like we are at home while being over 8,000 miles away for many of us. It was an honor to be a part of such a great event and be stationed in such a wonderful and welcoming community. Go Guam!"

Submarine tender USS *Emory S. Land* also participated in the parade with 92 sailors marching alongside the float from Asan, which is one of Land's three sister villages.

"Thank you so much for being here today, and thank you for allowing us to have the freedom that we have," said Blas. "Thank you so much to all the service members."

Every branch of the military on Guam had representation at the parade to include units from the U.S. Navy, U.S. Air Force, U.S. Army, U.S. Marine Corps, U.S. Coast Guard, Sea Cadets, and Navy and Air Force Reserve Officers' Training Corps.

"Each year since the first Liberation Day parade, the island continues to unite to celebrate a timeless respect and gratitude for those who died and those who lived, Chamorro and military, through the war," said Joint Region Marianas commander Shoshana Chatfield in her 2017 Liberation Day message. "On behalf of Joint Region Marianas, we continue to be humbled by this history and by the inclusion of so many participants as we take part in the memorial events. We are honored and grateful to the people of Guam who have welcomed us as part of the community, supporting us and allowing us to fulfill our oath to protect and move the mission forward."

COMSUBRON 15 is located at Polaris Point, Naval Base Guam in Apra Harbor, Guam, and consists of four Los Angeles-class attack submarines. The squadron staff is responsible for providing training, material and personnel readiness support to these commands. Also based out of Naval Base Guam are submarine tenders USS *Frank Cable* and USS *Emory S. Land*. The submarines and tenders are maintained as part of the U.S. Navy's forward-deployed submarine force and are readily capable of meeting global operational requirements.



Senior Chief Hospital corpsman Michael Atkinson of Commander, Submarine Squadron 15 escorts his command's sister village of Inarajan's Royal Princess Gabriella Paulino Taitague during Guam's annual Liberation Day Parade in Hagatna, Guam, July 21.

U.S. NAVY/MCS1 JAMICA JOHNSON



Sailors from Commander, Submarine Squadron 15 carry a banner during Guam's annual Liberation Day Parade in Hagatna, Guam, July 21.

U.S. NAVY/MCS3 DANIEL WILLOUGHBY



Sailors assigned to the submarine tender USS *Emory S. Land* carry their ship's banner as they march in Guam's 73rd Liberation Day Parade in Hagatna, Guam, July 21.

U.S. NAVY/MCS1 OLIVER COLE

Business

Death in Australia likely is 18th due to Takata air bags

An unidentified 58-year-old Australian man is likely the 18th death worldwide due to exploding Takata air bag inflators. Police in New South Wales say the man died in a July 13 crash in a Sydney suburb. He was hit in the neck by a metal fragment after air bags deployed in a crash. The man was driving a 2007 Honda CR-V that had been recalled to replace the driver's air bag inflator, but it was unclear if repairs had been made. Nineteen auto and truck makers are recalling about 70 million inflators in the U.S. and 100 million worldwide because they can explode with too much force and hurl shrapnel at drivers and passengers. The deaths have occurred since May of 2009:

- May 27, 2009: Ashley Parham, 18, of Midwest City, Oklahoma, 2001 Honda Accord

- Dec. 24, 2009: Gurjit Rathore, 33, of Richmond, Virginia, 2001 Honda Accord

- Sept. 13, 2013: Hai Ming Xu, of Alhambra, California, 2002 Acura TL

- July 27, 2014: Law Suk Leh of Sibu, Malaysia, 2003 Honda City

- Sept. 7, 2014: Jewel Brangman, 26, of California, 2001 Honda Civic

- Sept. 29, 2014: Hien Thi Tran, 51, of Orlando, Florida, 2001 Honda Accord

- Jan. 18, 2015: Carlos Solis, 35, of Spring, Texas, 2002 Honda Accord

- April 15, 2015: Kylian Langlinais, 23, of Lafayette,



AP
This Sunday, June 25, 2017, photo shows TK Holdings Inc. in Auburn Hills, Mich. Another person has been killed in the U.S. by an exploding Takata air bag inflator, but this death wasn't in a crash.

Louisiana, 2005 Honda Accord

laysia, 2006 Honda City. Inflator ruptured, no death cause determined.

■ May 1, 2016: Unidentified person, Malaysia, 2003 Honda City. Inflator ruptured, no death cause determined.

■ Dec. 22, 2015: Joel Knight, 52, of Kershaw, South Carolina, 2006 Ford Ranger

■ March 31, 2016: Huma Hanif, 17, of Fort Bend County, Texas, 2002 Honda Civic

■ April 16, 2016: Unidentified person, Sabah State, Ma-

Inflator ruptured while he was repairing interior of car.

■ September 24, 2016: Unidentified driver, Johor State, Malaysia, 2009 Honda City. Inflator ruptured, no death cause determined.

■ Sept. 30, 2016: Delia Robles, 50, of Corona, California, 2001 Honda Civic.

■ July 13, 2017: Unidentified 58-year-old man in suburban Sydney, 2007 Honda CR-V. (AP)

US fines American, Frontier and Delta over violation claims

By ALEX VEIGA
AP BUSINESS WRITER

Three U.S. airlines have agreed to each pay hundreds of thousands of dollars in fines to resolve government claims that they violated rules aimed at protecting consumers.

The Transportation Department detailed the violations and the fines levied against American Airlines Group, Delta Air Lines and Frontier Airlines in documents released late Friday.

The findings stem from separate investigations conducted by the Transportation Department.

The government fined American Airlines \$250,000 after determining that the air carrier failed to make timely refunds to passengers in the first half of 2015.

Transportation Department officials began investigating the company last year after receiving multiple complaints

from consumers over delays receiving refunds from the airline. Rules call for airlines to issue refunds within seven business days when a passenger pays with a credit card, for example.

"We took proactive steps to address refund delays some customers experienced in 2015 due to a systems integration issue after the merger with US Airways, including investments to improve processing times," Shannon Gilson, an American Airlines spokeswoman, said Saturday.

American and U.S. Airways merged in late 2013, creating the world's biggest airline.

Delta agreed to pay \$200,000 to resolve the government's finding that the airline under-reported the number of mishandled baggage complaints it received from passengers. The Transportation Department requires airlines to report such complaints monthly and uses

the information to compile airline rankings in reports aimed at consumers.

In a statement Saturday, Delta said it immediately updated its policy on damaged bags once it was flagged by the government last year and has invested in providing "full transparency to the status and location of checked bags" through its FlyDelta app.

Transportation Department officials hit Frontier Airlines with a heftier fine: \$400,000.

Investigators determined that the airline involuntarily bumped passengers from overbooked flights without first seeking volunteers or providing proper compensation in a timely manner.

They based their findings on about 200 complaints received by the company in 2014 and 2015.

Airlines are required to pay passengers who have checked

in and have a reserved seat on a flight, but are bumped involuntarily from an overbooked flight, what is known as "denied boarding compensation." And the airline is required to pay passengers in cash or check the same day.

The probe also found that Frontier failed to provide disabled passengers with wheelchair assistance as needed to board or exit aircraft and get around the terminal.

Frontier did not acknowledge or deny the government's findings in the consent order with the Transportation Department, but asserted that it makes "every effort" to provide assistance to passengers with disabilities. It also said that the vouchers it provides passengers who are bumped off its flights typically exceed the value of payouts required.

Frontier did not immediately respond to requests for comment Saturday.

BUSINESS BRIEFS

Wells Fargo ordered to reinstate whistleblower, pay \$577,500

NEW YORK (AP)—Wells Fargo is being ordered to reinstate a branch manager it fired in 2011 after the employee tried to blow the whistle on the bank's growing sales practices scandal. The Department of Labor on Friday also ordered Wells Fargo to pay \$577,500 in back wages. Wells Fargo fired a California-based branch manager in September 2011 when the manager raised concerns that employees were opening accounts without customers' knowledge or consent. What the manager saw and reported eventually became an all-consuming scandal for the San Francisco-based bank, which admitted last year that its employees opened up to 2 million accounts without getting customers' permission. Wells Fargo paid \$185 million to federal and local authorities over the scandal and recently reached a \$142 million settlement in a class-action lawsuit involving the accounts.

US states vie for big Foxconn display panel factory

LANSING, Mich. (AP)—

Taiwanese electronics maker Foxconn's plan to build a display panel factory in the U.S. has sparked a flurry of lobbying by states vying to land what some economic development officials say is a once-in-a-generation prize. It's not just jobs that are up for grabs—possibly 5,000 alone at the plant and potentially thousands more at other unspecified U.S. operations the company intends to launch. Luring Foxconn to build the country's first liquid-crystal display factory would signal that the Midwest, which has hemorrhaged manufacturing jobs in recent decades, can diversify into again producing high-tech consumer gadgets often assembled in Asia. The hunt for Foxconn is fluid and largely secretive, with Rust Belt governors and state officials declining to even confirm their interest due to non-disclosure agreements and Foxconn not elaborating much on why it will expand its U.S. footprint. But Foxconn, the biggest contract assembler of smartphones and other devices for Apple and other brands, has listed seven states with which it hopes to work. It's expected to announce plans to develop operations in at least three states by early August.

Business

Trump: USS Ford is ‘100,000-ton message to the world’

NORFOLK, Va. (AP)—With praise and a blessing for the military, President Donald Trump helped hand over the USS Gerald R. Ford to the Navy on Saturday and said the state-of-the-art aircraft carrier will send a “100,000-ton message to the world” about America’s military might when it is ultimately deployed.

U.S. allies will rest easy, Trump said, but America’s enemies will “shake with fear” when they see the Ford cutting across the horizon.

The president and commander in chief of the U.S. armed forces likened the \$12.9 billion warship to “an incredible work of art” and boasted about the American labor that went into building a vessel that eventually will house thousands of sailors and crew members.

Trump’s participation in the ceremony also capped “Made in America” week at the White House, during which the president and administration officials sought to draw attention to U.S. manufacturing.

“American steel and American hands have constructed this 100,000-ton message to the world,” Trump said of



AP
President Donald Trump walks to board Marine One on the flight deck of the USS Gerald R. Ford (CVN 78) at Naval Station Norfolk, Va., Saturday, July 22, 2017, after the commissioning ceremony of the aircraft carrier.

the Ford during a speech that praised the bravery and spirit of U.S. service members and referenced his desire for a buildup after years of spending restrictions.

“American might is second to none and we’re getting bigger and better and stronger ev-

ery day of my administration. That I can tell you,” Trump told thousands of service members and guests, including former defense secretaries Dick Cheney and Donald Rumsfeld, all packed into the steamy hangar bay on the main deck.

“Wherever this vessel cuts through the horizon, our allies will rest easy and our enemies will shake with fear because everyone will know that America is coming, and America is coming strong,” Trump said.

After the speech, he put the

Ford into commission and asked God to “bless and guide this warship and all who shall sail in her.” He was followed by Susan Ford Bales, the ship’s sponsor and daughter of the 38th president, whom the ship honors.

“There is no one, absolutely no one, who would be prouder of the commissioning of this mighty ship than the president of the United States, Gerald R. Ford,” she said. “I am honored to give the command: ‘Officers and crew of the United States Gerald R. Ford, man our ship and bring her to life.’”

“Anchors Aweigh” played

as row after row of sailors in crisp, white uniforms who had been standing in formation began filing off to man their stations. Sirens and bells sounded, horns blared and the U.S. flag was hoisted high above the deck.

Soon after, the captain was informed that the “ship is manned and ready and reports for duty to the fleet.”

Trump, who visited the carrier in March, told Time magazine this year that the Navy should revert to using steam catapults to launch fighter jets because some of

the USS Ford’s state-of-the-art systems and technology “costs hundreds of millions of dollars more money and it’s no good.”

Construction started in 2009 and was to be completed by September 2015 at a cost of \$10.5 billion. The Navy has blamed the delays and budget overruns on the ship’s advanced systems and technology, including electromagnetic launch systems for jets and drones that will replace steam catapults.

The warship also has a smaller island that sits farther back on the ship to make it quicker to refuel, re-arm and relaunch planes, and a nuclear power plant designed to allow cruising speeds of more than 30 knots and operation for 20 years without refueling.

The vessel completed sea trials in April but still will go through a battery of tests and workups at sea before becoming ready for deployment, work that is expected to cost nearly \$780 million and take more than four years to complete, congressional auditors said this month.

Docked at Naval Station Norfolk, the USS Ford eventually will house about 2,600 sailors, 600 fewer than the previous generation of aircraft carriers. The Navy says that will save more than \$4 billion over the ship’s 50-year lifespan.

The air wing to support the Ford could add more personnel to the ship, which is designed to house more than 4,600 crew members.

Lawmakers herald agreement on sweeping Russia sanctions

WASHINGTON (AP)—Congressional Republicans and Democrats announced Saturday they had reached an agreement on a sweeping Russia sanctions package to punish Moscow for meddling in the presidential election and its military aggression in Ukraine and Syria.

Rep. Steny Hoyer of Maryland, the No. 2 House Democrat, said lawmakers had settled lingering issues with the bill, which also includes stiff economic penalties against Iran and North Korea. The sanctions targeting Russia, however, have drawn the most attention due to President Donald Trump’s persistent push for warmer relations with President Vladimir Putin and ongoing investigations into Russia’s interference in the 2016 campaign.

Passage of the bill, which could occur before Congress breaks for the August recess, puts Capitol Hill on possible collision course with Trump. The White House had objected to a key section of the bill that would mandate a congressional review if Trump attempted to ease or end the sanctions against Moscow.

But if Trump were to veto the bill, he risks sparking an outcry from Republicans and Democrats and having his decision overturned. The sanctions review was included in the bill because of wariness among lawmakers from both parties over Trump’s affinity for Putin.

The precise mechanics of how involved House Democrats would be in the review process had been a key sticking point, but Hoyer said he’s satisfied with the outcome.

“The legislation ensures that both the majority and minority are able to exercise our oversight role over the administration’s implementation of sanctions,” Hoyer said.

Senate Minority Leader Chuck Schumer called the sanctions legislation “strong” and he expected the legislation to be passed promptly.

“Given the many transgressions of Russia, and President Trump’s seeming inability to deal with them, a strong sanctions bill such as the one Democrats and Republicans have just agreed to is essential,” said Schumer, D-N.Y.

Trump asserts all agree he has ‘complete power’ to pardon

WASHINGTON (AP)—President Donald Trump said Saturday that he has “complete power” to issue pardons, an assertion that comes amid investigations into Russian interference in last year’s presidential election. It was one of many topics that appeared to occupy the president’s mind as the day broke.

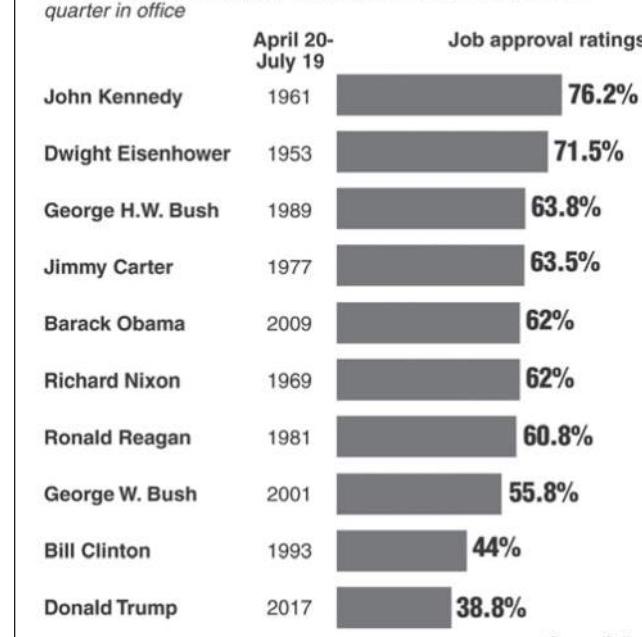
On a day when most people are ready to forget about the issues that nagged them during the week, Trump revved up. In an early morning flurry of 10 tweets, he commented about pardons, former presidential rival Hillary Clinton, son Don Jr., health care, the USS Gerald Ford, the attorney general and other issues.

Trump said in one of his 10 messages: “While all agree the U. S. President has the complete power to pardon, why think of that when only crime so far is LEAKS against us. FAKE NEWS.”

The Washington Post recently reported that Trump has

Job approval low for Trump

Average approval rating for elected presidents during second quarter in office



Source: Gallup

Graphic: Staff, Tribune News Service

about the investigation, and has urged authorities to prosecute leakers.

Trump maintains that no crimes have been committed.

One of Trump’s attorneys, Jay Sekulow, said the president has not discussed the issue of pardons with his outside legal team.

Sekulow reiterated that point Saturday evening. Speaking to reporters at the site of the Western Conservative Summit in Denver, he said that Trump’s private legal team is “hot researching it because it’s not an issue.”

“I don’t know where this came from. There is nothing to pardon,” said Sekulow, who added that “what’s going on in Washington is an attack on the president.”

Next week, Trump’s eldest son, Donald Trump Jr.; his son-in-law and White House adviser, Jared Kushner; and Paul Manafort, his former campaign chairman, are scheduled to appear before Senate committees investigating Russian meddling.

inquired about the authority he has as president to pardon aides, relatives or even himself in connection with the widening investigation into Russian

interference in the election and whether any Trump associates were involved.

The president has long criticized leaks of information

Asia

PH Congress extends martial law in south amid siege

MANILA, Philippines

(AP)—The Philippine Congress on Saturday overwhelmingly approved the president's appeal for martial law in the south to be extended to the end of the year to help troops quell a two-month siege by Islamic State group-linked militants and stamp out similar extremist plots in the volatile region.

House of Representatives Speaker Pantaleon Alvarez announced that senators and House members voted 261-18 in favor of granting President Rodrigo Duterte's request in a special joint session. The 60-day martial law was to expire late Saturday.

The military chief of staff, Gen. Eduardo Ano, warned during the session that aside from the uprising in Marawi, extremist groups have plotted similar insurrections in other southern cities and that martial law has helped troops stop attacks, including bombings, elsewhere.

"There was an order for them to do their own version of Marawi in other areas, but we were able to stop this because of martial law," Ano told the legislators.

Defense Secretary Delfin Lorenzana played down concerns of military abuses, saying no major human rights violations have been reported since Duterte declared martial law to deal with the Marawi violence, the worst crisis in his yearlong presidency.

Some opponents argued that government forces could deal with the attack in lakeside Marawi, a center of Islamic faith in the southern third of the largely Roman Catholic nation, without resorting to martial law. Others worried

Pakistan court ends hearing on corruption allegations of PM

ISLAMABAD (AP)—Pakistan's top court on Friday concluded its hearing into corruption allegations against Prime Minister Nawaz Sharif's family, but it wasn't immediately clear when the tribunal would announce its decision, defense lawyers and attorneys for the petitioners said.

Under Pakistani law, the Supreme Court has the authority to dismiss the prime minister. Sharif has maintained his innocence throughout the scandal and has appeared before the court in recent weeks, along with his daughter and two sons.

The court heard arguments from both the government side and the opposition after a court-ordered investigation found there was a "significant disparity"



Protesters shout slogans outside the Lower House to coincide with the special joint session on the possible extension of martial law in the southern Philippines, Saturday, July 22, 2017 in Quezon city northeast of Manila, Philippines. AP

gress this past week.

Duterte wrote in his letter that the leadership of the Marawi siege "largely remains intact despite the considerable decline in the number of rebels fighting in the main battle area." Other radical armed bands "are ready to reinforce Isnilon Hapilon's group or launch diversionary attacks and similar uprisings elsewhere," he said, referring to the leader of the attackers.

Intelligence reports that Hapilon sent funds and ordered allied militants to launch attacks in key cities across the south have been validated, Duterte said.

ASIAN BRIEFS

Philippine leader says he won't visit US, says 'it's lousy'

MANILA, Philippines (AP)—Philippine President Rodrigo Duterte says he will never visit the United States while he is in office, and adds that he has "seen America and it's lousy." Duterte delivered his latest verbal attack on the United States after he was asked in a news conference Friday to react to a threat by a U.S. congressman, Massachusetts Rep. Jim McGovern, to lead a protest if Duterte accepts President Donald Trump's invitation to visit the White House. Duterte asked, "What makes that guy think I'm going to America?" He added: "There will never be a time during my administration that I'll be going to America or thereafter ... I've seen America and it's lousy." Duterte's spokesman said in April that Trump had invited the Philippine president in a telephone call to visit the White House, sparking protests from human rights activists, who asked the American leader not to welcome a leader accused of human rights violations and of condoning extrajudicial killings.

Afghan official says Taliban overruns district headquarters

KABUL, Afghanistan (AP)—An Afghan official says Taliban fighters overran a district headquarters in northern Afghanistan after a ferocious fight that left 2 police dead in northern Faryab province. Abdul Karim Yourish, provincial police chief spokesman, said Sunday the assault on the Lawlsh District government headquarters was launched under the cover of darkness late Saturday. Government offices as well as the police headquarters were located inside the compound. In recent days, Taliban have launched dozens of attacks in northern Afghanistan, temporarily closing a key highway between the capital Kabul and northern Afghanistan. The attacks reflect the Taliban's efforts to apply pressure on government troops and police across the country and not just in their strongholds in the south and east of Afghanistan.

Crane collapse kills 7, injures 2 in southern Chinese city

BEIJING (AP)—Authorities say seven people have been killed and two more injured when a crane leaned and collapsed on a construction site in the southern Chinese city of Guangzhou. The crane collapsed late Saturday at the construction site for the southern headquarters of the state-owned China Communications Construction Co. Ltd., which builds infrastructure and provides urban development. The city's Haizhu district says investigators are looking into how it happened. The company could not be reached for comment Sunday. Work safety is a major concern in China where safety regulations are often ignored. The district says the two injured are in stable condition.

that the extension was too long and that the rest of the country may eventually be placed under martial rule.

Left-wing activists opposed to Duterte's declaration rallied outside Congress. Some unfurled protest posters in the plenary hall but were forced out by security officers.

Sen. Risa Hontiveros recalled how civil liberties were curtailed and Congress was padlocked when dictator Ferdinand Marcos imposed martial law in the Philippines in 1972. Marcos was ousted in a "people power" revolt in 1986.

Since the Marawi fighting broke out on May 23, at least 428 militants, 105 soldiers and policemen, and 45 civilians have been

killed. Half a million residents have been displaced, according to the military.

During the daylong special session of Congress, a wounded army officer, 1st Lt. Kent Fagyan, told how troops smashed concrete walls of houses and buildings with sledgehammers to advance slowly toward militant positions away from sniper fire. Troops dealt with booby traps and had to wrest back control of Marawi communities room by room, he said, adding that the militants had powerful machine guns, drones and "seemingly unlimited ammunition."

"Inside, you can't eat on time, you can't sleep because you'll be awakened by explosions here and there starting in

the morning up to evening for almost 24 hours," Fagyan said.

"On behalf of my colleagues, who are still fighting in Marawi, we thank you for your continued support," he said. "We feel that we're not alone fighting them with the clothes and water that you sent over."

The siege on Marawi started when more than 600 heavily armed fighters, waving Islamic State group-style black flags, stormed into the city, occupying buildings, houses and mosques and taking hostages. Several foreign fighters, including 20 Indonesians and a Malaysian financier known as Mahmud bin Ahmad, joined the insurrection, Duterte said in a letter to Con-

gressional leaders.

After Friday's court hearing, Information Minister Maryam Aurangzeb said the government had "serious reservations" about the court's investigating team, adding that it failed to prove corruption allegations.

She said Sharif met with his advisers later Friday and that they "hope and expect that the court will do justice," she said. Aurangzeb insisted the opposition has conspired against Sharif since 2013, when he came into power.

Meanwhile, opposition leader Khursheed Shah, from the party of ex-President Asif Ali Zardari, said Sharif still has the time to resign rather than be disqualified by the court.

since leaked documents from a Panama-based law firm in 2016 disclosed his family's offshore accounts.

The Supreme Court, acting on petitions from opposition lawmakers, established a six-member team to investigate the corruption allegations involving Sharif's family, including his daughter and two sons.

Earlier in July, the team submitted a voluminous report to the court to support its conclusion that a "significant disparity" existed between the Sharif family's declared wealth and its known sources of income.

The report suggested the court take action against Sharif and his family in accordance with a 1999 accountability law intended to help stamp out corruption. Sharif has sought

World

Mexico murders up with deadliest month in at least 20 years

MEXICO CITY (AP)—Mexico's spiraling violence reached new heights with 2,234 murders in June, the country's deadliest month in at least 20 years, according to government data.

Killings rose in states ranging from the tourist haven of Baja California Sur to the Gulf coast state of Veracruz and even in Mexico City, long considered a relative oasis from drug gang violence. For the first six months of 2017, authorities nationwide recorded 12,155 homicide investigations, or 31 percent more than the 9,300 during the same period last year.

Just Friday, the same day the report was released, a marine and four other people were killed when armed forces moved against the leader of the principal fuel-theft ring in the central state of Puebla.

Four of the dead were alleged members of "Los Buanas," a violent gang that sells gasoline stolen through illegal taps in the government oil company's pipelines. It's a business that has been estimated to cost the government \$1 billion annually and which has grown increasingly violent as authorities try to control it.



In this June 30, 2017 photo, cement crosses dry inside a mould at the home of Flora Martinez, who lost her son, daughter-in-law, and six young grandchildren when the entire family was executed in Coatzacoalcos, Veracruz State, Mexico. AP

Also Friday, the top prosecutor in the western state of Jalisco, Eduardo Almaguer, said authorities discovered two drug cartel training camps where they believe about 40 people had been trapped and trained after being tricked by online job advertisements. An

unknown number of human remains were also found.

The victims were apparently lured by job offers for private security guards or municipal police and were then forced to build their own shelters from wood and branches and train in tactics and shooting—us-

ing paintball guns—while under guard by gang members, Almaguer said. The investigation that led to the camps started with six similar reports of missing people in June.

"They are recruiting good people who look for employment," Almaguer said.

On Thursday, a neighborhood on the south side of Mexico City exploded in gunfire and eight people were killed as marines tried to capture the leader of a drug gang

that controlled street-level drug sales in part of the city. The gang's semi-automatic rifles and burning vehicle barriers set up to block authorities were reminiscent of perennial hotspots like the border city of Reynosa, but almost unheard of in the capital.

Those events underscore the growing struggles between or against organized crime groups from one end of the country to the other. Murders remain high in states that have traditionally struggled with violence like Guerrero and Mexico state. But they have also shot up in states unaccustomed to such bloodshed, like Baja California Sur—home to the Los Cabos tourist resorts—and the Pacific coast state of Colima.

The border state of Chihuahua, which had found some relief from violence that peaked in 2010, has found its murders in 2017 running about 55 percent ahead of where they were last year.

Protests across Poland over law to control judiciary

WARSAW, Poland (AP)—Outrage over plans by Poland's governing party to put the judicial system under its political control sparked another day of nationwide protests Saturday, with some people gathering outside the home of ruling party leader Jaroslaw Kaczynski and accusing him of being a dictator.

Polish democracy icon and former President Lech Walesa addressed a protest in Gdansk, urging young Poles to fight to preserve the separation of powers that his Solidarity movement helped to achieve more than a quarter century ago when Poland threw off communist rule.

Later, thousands of government opponents gathered in Warsaw, Krakow and other cities to urge President Andrzej Duda to reject legislation that would give Law and Justice, the conservative ruling party, control of the Supreme Court and the judiciary.

"We are all in danger. Every citizen is in danger now," said Tomasz Gromadka, a 32-year-old playwright protesting in front of the home of Kaczynski, who is the power

behind the government and presidency. "Because now they are taking the courts, then they will take the media, they will take everything. But we still have the streets. This is our power. I think we should do whatever we can."

The European Union and many international legal experts say the changes would mark a dramatic reversal for a country that has been hailed as a model of democratic transition over the past quarter century, and move Poland closer toward authoritarianism.

The party "is about to finish democracy," said Ewa Krasucka, a 32-year-old photographer. "Honestly I don't think we will stop him now, but at least in 10 years, in 15 years, when we will still be with these people in the government I will feel good with myself for being here now."

Many of the protesters then moved to the Supreme Court, where people sang John Lennon's "Imagine" and held up candles.

Law and Justice won parliamentary elections in 2015 with nearly 38 percent of the vote, which translated into a slim majority in the parlia-

ment. It has maintained support of about 35 to 40 percent of voters, according to recent polls, with many supporting its cash handouts for families and its conservative and pro-Catholic worldview.

The party says the changes are needed to reform a justice system that Kaczynski says was never purged of former communists after that system collapsed in 1989.

In Warsaw, 29-year-old lawyer Marzena Wojtczak disputed that logic, saying many judges working today had actually been anti-communist dissidents and others are too young to have been communists.

Demonstrations have taken place almost every day in Poland over the past week as lawmakers pushed forward with the legislation to impose greater control over the courts.

"This will sound strange, but this is the worst and best moment in Poland since 1989," Tomasz Lis, the editor of Newsweek Polska and an outspoken government critic, said on Twitter. "A great nation is defending democracy and its own freedom."

BERLIN (AP)—A German girl who ran away from home after converting to Islam has been found as Iraqi forces liberated the northern city of Mosul from Islamic State extremists, German and Iraqi officials said Saturday. She is reported to be in good health and will be interrogated next week by Iraqi officials.

The 16-year-old teenager, only identified as Linda W. in line with German privacy laws, is getting consular assistance from the German Embassy in Iraq, prosecutor Lorenz Haase said from the eastern German city of Dresden.

Three Iraqi intelligence and investigative sources confirmed to The Associated Press that the German teenager, who was apprehended in the basement of a home in Mosul's Old City earlier this month, was Linda W.

The girl is in good health, the Iraqi officials said, adding that on the day of her arrest she was "too stunned" to speak but now she is doing better. They said she had been working with the IS police department.

Linda W. could theoretically face the death sentence, according to Iraqi's counter-

terrorism law. However, even if she is sentenced to death in Iraq, she would not be executed before the age of 22.

Photos of a disheveled young woman in the presence of Iraqi soldiers went viral online last week, but there were contradicting reports about the girl's identity.

The German teenager had married a Muslim Arab she met online after arriving in the group's territory, the Iraqi officials added, speaking on condition of anonymity because the information was not public. They said Linda W. was one of 26 foreigners arrested in Mosul since the retreat of the extremists there.

So far, the young German has not made any statement. The officials said she is currently being held together with other foreign women at a prison near Baghdad's airport. Starting next week, she'll be investigated by the Iraqis, who will bring in German interpreters for the interrogation since she does not speak much Arabic.

Haase, the German prosecutor, told the AP that the girl ran away from her family home in Pulsnitz in eastern Germany last summer. It's not clear yet whether she will return to Germany, he said.

"We, as the public prosecutor's office Dresden, have not applied for an arrest warrant and will therefore not be able to request extradition," Haase said. "There is the possibility that Linda might be put on trial in Iraq. She might be expelled for being a foreigner or, because she is a minor reported missing in Germany, she could be handed over to Germany."

The 26 foreigners found in Mosul included two men, eight children and 16 women, the Iraqi officials said.

Some of those arrested were from Chechnya, and the women were from Russia,

Iran, Syria, France, Belgium and Germany.

In addition to Linda W., the Iraqis found three other women from Germany, with roots in Morocco, Algeria and Chechnya. The Iraqi officials said the German-Moroccan woman has a child and both were arrested in Mosul about ten days ago.

They said the women allegedly worked with IS in the police department. Their husbands were IS fighters but their fates were not clear.

Focus

Spicer out, Sanders and Scaramucci rise in Trump shake-up

WASHINGTON (AP)—White House press secretary Sean Spicer abruptly resigned Friday over President Donald Trump's decision to tap a camera-ready financier to lead the beleaguered White House communications team. The departing spokesman said the president "could benefit from a clean slate" as he seeks to steady operations amid the Russia investigations and ahead of a health care showdown.

Spicer, whose daily briefings once dominated cable television and delighted late-night comics, quit in protest over the hiring of Anthony Scaramucci as the new White House communications director. Spicer denounced what he considered Scaramucci's lack of qualifications, according to people familiar with the situation.

As his first act on the job, Scaramucci, a polished television commentator and Harvard Law graduate, announced from the White House briefing room that Sarah Huckabee Sanders would take Spicer's job. She had been Spicer's deputy.

The shake-up among the president's spokespeople comes as Trump is suffering from dismal approval ratings and struggling to advance his legislative proposals. As his effort to replace Barack Obama's health care law crumbled this week, the president continued to vent frustration about the attention devoted to investiga-

AP
Outgoing White House press secretary Sean Spicer smiles as he departs the White House, Friday, July 21, 2017, in Washington.



tions of allegations of his election campaign's connections to Russia. Trump has blamed his own messengers—as well as the "fake news" media—for his woes.

Trump, who watches the press briefings closely and believes he is his own best spokesman, saluted Spicer's "great ratings" on TV and said he was "grateful for Sean's work on behalf of my administration and the American people."

Scaramucci, who said Spicer had been gracious in

showing him around on Friday, quickly took center stage, parrying questions from reporters and praising Trump in a 37-minute charm offensive. He flashed the television skills that Trump has long valued: He commended Trump's political instincts and competitiveness, cracked a few self-deprecating jokes and battled with reporters who categorized the West Wing as dysfunctional, saying "there is a disconnect" between the media and the way the public

sees the president.

"The president has really good karma and the world turns back to him," Scaramucci said.

Spicer said during a brief phone conversation with The Associated Press that he felt it would be best for Scaramucci to build his own operation "and chart a new way forward." He tweeted that it had been an "honor" and "privilege" to serve Trump and that he would remain in his post through August.

His decision to quit took advisers inside and outside the White House by surprise, according to people with knowledge of the decision. They spoke on condition of anonymity because they were not authorized to discuss the personnel matter publicly.

Spicer's daily press briefings had become must-see TV until recent weeks when he took a more behind-the-scenes role. Sanders has largely taken over the briefings, turning them into off-camera events.

WASHINGTON (AP)—From Day One, it was clear that Sean Spicer was in for a rocky ride as President Donald Trump's press secretary.

Period.

His defense of Trump's false claims about the size of the crowds at the inauguration. The talk of Spicer huddling in—or among—the bushes. Spicer's reference to a Nazi gas chamber as a "Holocaust center."

The indignities were many, some tied to Trump's behavior and demand for loyalty, some to Spicer's own missteps.

Over and over, Spicer chose to comply, even when it meant loudly defending his boss's questionable claims and enduring the mockery of actress Melissa McCarthy's spoofs of him on "Saturday Night Live." Presidential adviser Steve Bannon once referred to Spicer as fat in a text to a reporter.

Even Trump has acknowledged Spicer's difficulties, telling Fox News Channel in

Sean Spicer hit bumps in road from first day at White House

May that his press secretary was doing a good job, "but he gets beat up."

Notably, Trump left Spicer, a devout Catholic, off the guest list for a visit with Pope Francis at the Vatican.

Six months in, Spicer announced his resignation on Friday, effective at the end of August, apparently over Trump's hiring of New York financier Anthony Scaramucci as communications director.

Some moments in Spicer's eventful six months as White House press secretary:

THE INAUGURATION CROWD

Spicer's first press conference set out markers for how far he was willing to go to defend Trump when he embraced the new president's false claim that his inaugural crowd stretched from the Capitol to the Washington Monument.

"It looked like a million, million and a half people," Trump

had said at the CIA during his first full day in office.

That wasn't true, but Spicer went one better.

"This was the largest audience to ever witness an inauguration—period—both in person and around the globe," he declared.

There was no evidence to support that claim. Spicer left the podium without taking questions.

SPICEY!

McCarthy—outfitted and made up to look like a middle-aged man in a Spicerian suit—strode out to the "Saturday Night Live" version of the White House briefing room and hollered her way through a faux press conference.

"I know that myself and the press have gotten off to a rocky start," she yelled at the pretend press corps. "When I say rocky start, I mean in the sense of 'Rocky' the movie because I came out here to

punch you. In the face."

RUSSIAN DRESSING

Spicer's tussles with reporters were highlighted by an episode in March when he instructed a reporter to stop shaking her head.

He appeared annoyed that April Ryan, of American Urban Radio Networks, had asked what the Trump administration would do to revamp its image following reports of its ties to Russia.

"I appreciate your agenda here," Spicer retorted. "At some point, report the facts."

He said there had been no proven collusion between Trump associates and Russian officials over interference in last year's election, quipping that "if the president put Russian salad dressing on his salad tonight, somehow that's a Russian connection."

Spicer said Ryan appeared "hell-bent" on pro-

jecting her own image of the White House.

"Please stop shaking your head again," he admonished her.

ON HITLER, NAZIS, BASIC HISTORY

In April, Spicer was asked about Russia's potential complicity in a chemical attack in Syria. He answered with a comparison to Nazi Germany that defied history.

"You had someone who was as despicable as Hitler, who didn't even sink to using chemical weapons," Spicer said.

He made a mangled attempt to fix that historical blunder in which he made an unfortunate reference to the Nazis' use of a "Holocaust center."

Spicer later made a second run at setting things right, emailing reporters: "In no way was I trying to lessen the horrendous nature of the Holocaust."

Friday night, Trump tweeted, "Sean Spicer is a wonderful person who took tremendous abuse from the Fake News Media—but his future is bright!"

The White House had been looking for a new communications director for several weeks, but struggled to attract an experienced Republican hand. Scaramucci, a former Democrat—like Trump—who once called his new boss a "hack politician," began seriously talking to the White House about the position this week, and the president offered him the job Friday morning.

A person with knowledge of the decision said Trump has been impressed by Scaramucci's defense of the White House on television and by his handling of a recent incident with CNN. The cable channel retracted a story about Scaramucci and fired three journalists.

A shift in briefing-room tone and style was immediate. Scaramucci's delivery was smooth and polished. Spicer, who displayed a sometimes-fiery and occasionally flustered demeanor in on-camera exchanges with reporters, became widely known, particularly through an impersonation by Melissa McCarthy on NBC's "Saturday Night Live." McCarthy's signature move was to plow down reporters with the podium when exasperated by questioning.

THE BUSHES

Spicer huddled with White House staff near, or possibly among, some shadowy bushes for a few minutes on the chaotic day Trump abruptly fired FBI Director James Comey.

He emerged and promised to brief reporters as long as he was not filmed and the television lights were turned off. He then answered questions, in the vicinity of some bushes, in near-darkness.

The notion of Spicer hiding in the bushes became a subject of Twitter fascination and new material for McCarthy's spoofs.

The Washington Post at one point published an editor's note saying one of its stories had been updated to "more precisely describe White House press secretary Sean Spicer's location" during the incident. "Spicer huddled with his staff among bushes near television sets on the White House grounds, not 'in the bushes,' as the story originally stated."

Health & Fitness

By JONATHAN M. PITTS
THE BALTIMORE SUN/TNS

Turns out our mothers may have been onto something when they told us to eat our vegetables—especially our broccoli. A compound found naturally in broccoli and other cruciferous vegetables may reduce some of the harmful effects of Type II diabetes in overweight adults, according to new research by Jed Fahey, a nutritional biochemist and an associate professor at the Johns Hopkins University School

Switzerland and elsewhere in the United States.

It isn't the first time Hopkins researchers have illuminated the healthful powers of broccoli.

Fahey's predecessor as director of the research center, the renowned pharmacology professor and experimental generalist Paul Talalay, isolated the compound sulforaphane as a phytochemical (a chemical produced by plants) in the early 1990s.

Baltimore faith communities host challenges, health initiatives to encourage healthier living

Two years later, Talalay

Popular Science called the findings among the top 100 scientific discoveries of the 20th century, and researchers at Hopkins and elsewhere have since tested the chemical's effectiveness in helping the body fend off pathologies from autism and osteoarthritis to Parkinson's and Alzheimer's disease.

Shedding pounds sensibly and making weight loss stick

This study was the first to test it against Type II diabetes, a chronic and increasingly widespread metabolic disorder that affects more than 29 million Americans and 420 million people around the world, according to the



A compound found naturally in broccoli and other cruciferous vegetables may reduce some of the harmful effects of Type II diabetes in overweight adults.

Like it or not, broccoli is good for you

of Medicine, and a team of researchers in Europe and the United States.

An article on the findings appeared in the journal *Science Translational Medicine* in June.

Fahey, who is director of the Cullman Chemoprotection Center at the medical school, served as an author of the study along with colleagues based in Sweden,

made international headlines—and sparked broccoli sales around the world—by demonstrating the compound's effectiveness in boosting the body's ability to resist cancer.

He and Fahey also showed that broccoli sprouts—three-to four-day-old broccoli plants—have 50 to 100 times the cancer-fighting power as the mature stalks typically sold in grocery stores.

World Health Organization.

The world's most common form of diabetes, Type II arises when the body can no longer properly use insulin, a hormone that regulates blood sugar. As a result, blood sugar levels soar.

The disorder increases a patient's likelihood of developing heart disease, eyesight problems, kidney failure and stroke.

Though the study was com-

paratively small and short-term, the results are tentatively promising for the treatment of diabetes.

"This shows that sulforaphane is useful not only for cancer prevention but it also demonstrates anti-diabetes and many other activities," said Fahey, who spent 15 years in the biotechnology industry before joining the Hopkins faculty at Talalay's invitation in 1993.

It was four years ago that Anders Rosengren and Annika Axelsson, research endocrinologists at the Lund University Diabetes Center in Sweden, reached out to Fahey for his help in getting the study under way.

He and several colleagues had come across several papers suggesting that sulforaphane—a compound that broccoli, cabbage, kale, bok choy and other vegetables in the pungent cruciferous category developed to protect themselves against unfavorable and stressful conditions—might help human beings resist diabetes.

The Swedes' thinking, in scientific terms, was simple.

Research has shown that sulforaphane, by its very molecular makeup, has an unusual effect: it accelerates the body's production of a common but important protein known as Nrf2.

The job of Nrf2, in essence, is to regulate the creation of antioxidants that repair stressed, damaged or decaying cells.

A shot of sulforaphane kicks the creation of those antioxidants into overdrive, bolstering at the cellular level

the body's capacity to resist a wide range of malfunctions.

"This molecule [Nrf2] is responsible for shouting out to cells, 'You're in trouble; you're being attacked by sunlight, by ultraviolet light, by toxins. You've got to up your game, you've got to enhance your protective strategy,'" Fahey said. "Nrf2 is a crucial regulator, and sulforaphane is one of the most potent inducers of that regulator."

While the liver of a normal person creates energy by producing glucose, a type of sugar, and releasing it in regulated amounts into the bloodstream, individuals with Type II diabetes can produce as much as three times the needed amount.

If that malfunction occurs because a patient's cells have been weakened by exposure to stressful conditions, the Swedes theorized, perhaps sulforaphane would help.

Their research proceeded in three phases.

First, they chose more than 3,800 drugs whose gene signatures they saw as likely to match up well against the pattern of gene expression associated with Type II diabetes.

They found through a complex form of mathematical cross-referencing that sulforaphane overlapped most closely with the diabetic expression pattern.

The group then began working with Fahey, who is known for the highly potent freeze-dried form of broccoli sprout extract he creates at Hopkins.

A series of experiments using the extract showed that sulforaphane reduced the overproduction of glucose in

liver cells the scientists had grown in a lab—and that it did the same in the livers of rats with diabetes.

The final step was to test sulforaphane in humans. The team conducted a 12-week randomized study involving 97 adults with Type II diabetes. About a third of them had a form of the disease that the widely used drug metformin and recommended lifestyle changes had failed to control.

The researchers gave about half of the group a dose of the extract each day, the rest a placebo.

Those who received the extract saw a decrease by an average of 10 percent in their glucose levels—enough, the team says, to reduce complications in the eyes, kidney and blood.

Those with the least controlled cases of diabetes—and subjects who were obese—saw the greatest drops. Subjects who were not obese experienced no appreciable change.

Emily Ho, a nutritional biochemist at Oregon State University, also has studied the health effects of sulforaphane.

The results of the study are "definitely promising" even though "a more comprehensive study with a larger study group is needed, especially to tease out long-term safety and the sustainability of effects in patients," said Ho, the director of Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health at Oregon State.

Fahey agreed that the study calls for follow-up.

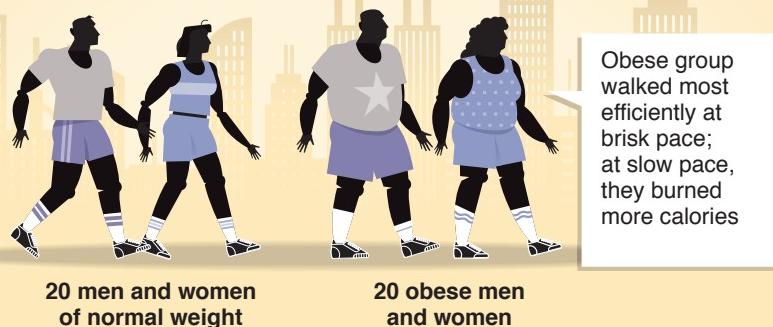
"You want to see other people replicate your results or go them one better," he says.

Personal Trainer

Slow is better for some people

It's not necessary for obese adults to walk briskly to burn calories; new research found that they use calories fastest when strolling.

Researchers had two groups walk a set distance at different speeds



Walking style may hold answer

Obese person uses only about 10 percent more energy than normal-weight person

A person of normal weight wearing leg weights to simulate being obese has to expend 50-100 percent more energy than usual to walk

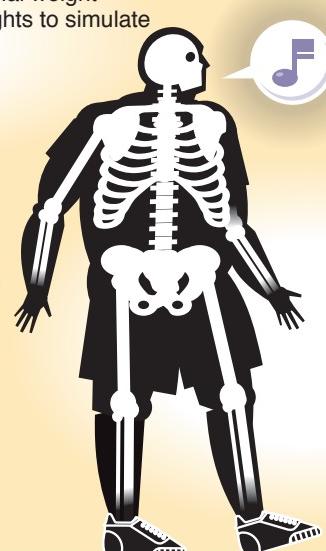
Possible reason Obese people have ways to conserve energy when they walk

Holding knees straight so skeleton, not muscles, supports weight

Taking shorter, faster steps

NOTE: Normal means body-mass index of 18-24.9; obese means BMI of 30 or more

Source: University of Colorado at Boulder
Graphic: Helen Lee McComas and Paul Trap, Tribune News Service



This advertorial is sponsored by Tan Siu Lin Foundation



Tan Siu Lin Foundation

Life & Style

Princes William, Harry remember their final call with Diana

By GREGORY KATZ
ASSOCIATED PRESS

LONDON (AP)—It was a typical phone call between two boys playing and their mother, who was on vacation in France. It was brief—the boys wanted to get back to playing with their cousins, not spend time on the phone chatting.

The brevity of that 1997 call troubles Prince William and Prince Harry to this day—for their mother, Princess Diana, would die in a car crash that night.

"Harry and I were in a desperate rush to say goodbye, you know 'see you later'... If I'd known now obviously what was going to happen I wouldn't have been so blasé about it and everything else," William says in a new documentary. "But that phone call sticks in my mind, quite heavily."

Harry tells the filmmakers the final chat is something he will regret until the end of his days.

"Looking back on it now, it's incredibly hard. I'll have to sort of deal with that for the



In this photo made available by Kensington Palace from the personal photo album of the late Diana, Princess of Wales, shows the princess and Prince Harry on holiday, and features in the new ITV documentary 'Diana, Our Mother: Her Life and Legacy.' Prince William and Prince Harry will pay tribute to their mother, Princess Diana, as the 20th anniversary of her death in a car crash approaches in a TV documentary "Diana, Our Mother: Her Life and Legacy" which will air Monday July 24, 2017 on British TV.

AP

liam—second-in-line for the British throne after his father Prince Charles—was only 15 at the time. Harry was only 12.

The documentary chronicles Diana's charitable works, including her historic outreach to AIDS victims and her campaign to ban land mines.

William and Harry also stress their mother's fun-loving side, which they say the public generally didn't see.

"Our mother was a total kid through and through. When everybody says to me 'so she

was fun, give us an example,' all I can hear is her laugh in my head," says Harry.

William tells a story that reveals the privileged life they led as children—one day, Diana surprised him by having three of the world's top models waiting for him when he got home from school.

"She organized when I came home from school to have Cindy Crawford, Christy Turlington and Naomi Campbell waiting at the top of the stairs. I was probably a 12 or 13-year-old boy who had posters of them on his wall," William said. "I went bright red and didn't know quite what to say. And sort of fumbled and I think pretty much fell down the stairs on the way up."

William says he frequently tells his children—Prince George, 4, and Princess Charlotte, 2—about Diana so she can be a presence in her grandchildren's lives.

"She'd be a lovely grandmother. She'd absolutely love it, she'd love the children to bits," he said.

Ben Affleck to fans: I'm still Batman, despite rumors

SAN DIEGO (AP)—Ben Affleck is still Batman. The actor shot down rumors that he would be hanging up his cape for the stand-alone Batman film, even though he recently ceded directing responsibilities.

Speaking to a crowd of about 6,500 fans at San Diego Comic-Con, Affleck unequivocally assured the crowd that he is still starring in "The Batman."

On Friday, the trade publication The Hollywood Reporter published a report that Warner Bros. was working on plans to "usher out Affleck's Batman gracefully" and suggested that it might happen before "The Batman."

The report threatened to overshadow Warner Bros.' flashy Hall H presentation on Saturday, which was focused on hyping the studio's big superhero mashup film "Justice League," which hits theaters in November.

"Let me be very clear. I am the luckiest guy in the world. Batman is the coolest part in any universe, DC or Marvel," Affleck said. He wanted to knock down the idea that he wasn't committed to the character, even though he won't be directing.

Affleck praised director Matt Reeves' vision and said

he would "be an ape on the ground for Matt Reeves." Reeves recently directed "War for the Planet of the Apes."

With the cloud lifted, Affleck and his fellow "Justice League" stars Gal Gadot, Jason Momoa, Ezra Miller and Ray Fisher were left to talk about the upcoming film, which has had its own fair share of upheaval recently when director Zack Snyder exited for personal reasons and Joss Whedon took over the reshoots and completion of the film.

Neither Snyder nor Whedon were at Comic-Con, although Snyder tweeted Friday that he was sending his best to the "Justice League" team.

The footage focused heavily on Gal Gadot's Wonder Woman, who emerged as the clear favorite of the fans in the audience who screamed at every shot of the Amazonian warrior. "Wonder Woman" recently became the highest grossing of the four DC Extended Universe films.

Another person missing from the panel was Superman star Henry Cavill. When a young fan asked the actors if he'll show up in the film, Gadot reassured him. "We can't say much but if you love Superman you're going to be very, very happy," she said.

Comic-Con goes wild for 'Black Panther' at Marvel panel

SAN DIEGO (AP)—"Black Panther" stole the show Saturday night at Marvel Studios' Comic-Con presentation, outshining the Ant-Man, Thor and even the ultimate Avengers team-up, "Infinity War."

Fans went wild for the exclusive sneak peek at the upcoming superhero pic, featuring star Chadwick Boseman T'Challa intercepting a sketchy vibranium trade between Andy Serkis' Klaw and Martin Freeman's Everett. Set in an elegant, Japanese-inspired casino, the deal goes haywire and T'Challa and his security detail (Lupita

Nyong'o and Danai Gurira) jump to action in their evening gowns to retrieve the precious goods.

The clip was followed by the trailer for the film from "Creed" director Ryan Coogler and the 6,500 souls in the audience erupted into deafening cheers at the sight of T'Challa morphing into the Black Panther suit.

The film finds T'Challa returning to his home of Wakanda after the death of his father, the king.

"He's still mourning his father's death. It's a transition period that gets interrupted,

and he's struggling with the type of king he wants to be," said Boseman.

Coogler, Boseman, Nyong'o, Gurira, Serkis and more of the cast were on hand in San Diego to talk about the film, out Feb. 16, 2019.

Nyong'o described her character as a spy who goes undercover to report back to Wakanda about what is going on in the rest of the world.

"Wakanda is an isolated nation," Nyong'o said. "The world does not need to know what's going on in Wakanda."

Coogler said he'd always had a fondness for comic

books, and found "Black Panther" at a pivotal moment.

"I grew up as black kid in the Bay Area and grew up with comic books and it didn't matter what color the superheroes were. I read X-Men, I read Spider-Man," Coogler said. Then he started looking for a character that looked like him and he stumbled on Black Panther.

Marvel Studios also teased its third "Thor" film, "Thor: Ragnarok," which has quite a different and more irreverent tone from previous installments, and hits theaters in November.

Charlize Theron on equal pay, female action stars and Bond

SAN DIEGO (AP)—Charlize Theron has a message to audiences: See female-driven movies, and studios will make more.

"I always say to studios, 'Make more female-driven movies,'" Theron said. "They said, 'We would if people go and see them.' So go see those movies!"

Theron gave a wide-ranging talk at Comic-Con on Saturday in promotion of her upcoming film "Atomic Blonde" in which she addressed the Hollywood pay gap, her own pet peeves about female action star clichés and whether or not she'd be open to playing a fe-

male James Bond, now that even Doctor Who has been made into a woman.

On the Bond question, posed in a statement by her old co-star Chris Hemsworth, Theron said she's "all for it," but is fine "leaving that one over to Daniel (Craig) or Idris (Elba)."

"I'll do Lorraine," she said in reference to her "Atomic Blonde" character—a ruthless British spy on a mission in Berlin near the end of the Cold War.

"I think that this character is someone who can hopefully live and breathe in that same format," Theron added.

"Atomic Blonde" hits theaters on July 28 and is a project Theron has been developing for years. Speaking to Entertainment Weekly writer Sara Vilkomerson in Comic-Con's Hall H, Theron said that she was waiting around for something very specific and when that role wasn't coming to her, she went out in search for it. She

and her production team found an unpublished graphic novel that would become the film.

Theron likes Lorraine because she is a bit of an enigma. One of her quibbles with action films centered on female protagonists is that the characters are always given a backstory or a justification for why they became warriors.

"We don't need to lose a child or a husband or have some kind of revenge story to become a warrior," Theron said. "(Lorraine) exists. She's simply her. We don't ever over-explain why she exists or why she's any good at her job."



she'd be open to playing a fe-

Michelle Pfeiffer joins 'Ant-Man and the Wasp' as Janet

SAN DIEGO (AP) — Michelle Pfeiffer is joining the Marvel Cinematic Universe. Marvel Studios announced

Saturday at Comic-Con that Pfeiffer has been cast in the "Ant-Man" sequel "Ant-Man and the Wasp" as Janet van

Dyne, who is Hank Pym's missing wife. Pfeiffer will be starring alongside returning Ant-Man

actors Paul Rudd, Evangeline Lilly and Michael Douglas in the film. Marvel Studios head Kev-

in Feige also announced that Randall Park and Laurence Fishburne were joining the sequel.

"Ant-Man and the Wasp" will be directed by Peyton Reed and hits theaters on July 6, 2018.

Beyoncé wax figure touched up after fans say it's too white

NEW YORK (AP) — A wax figure of Beyoncé at Madame Tussauds in New York has been given a makeover after fans of the megastar said the figure was too white.

The wax Beyoncé sported

wavy blond hair and appeared to be thinner and lighter-skinned than the "Lemonade" singer in real life.

Fans complained on Twitter that the figure looked more like Lindsay Lohan or

Shakira than Beyoncé.

The New York Times reported that the figure was off the floor Thursday.

Madame Tussauds said in a statement Friday that the wax Beyoncé was back on display after adjustments to

"the styling and lighting of her figure."

A spokeswoman for the museum declined to specify what changes were made.

A representative for Beyoncé did not return an email seeking comment.

'Game of Thrones' Sophie Turner says Sansa is 'woke now'

SAN DIEGO (AP) — Sansa Stark is woke now, Alfie Allen has a cute dog and everyone got sick of answering all those questions about whether Jon Snow was dead or alive, but little else was revealed at the annual "Game of Thrones" panel at San Diego Comic-Con on Friday.

Speaking to a 6,500-person crowd during the show's Hall H panel at San Diego Comic-Con, Sophie Turner was joined by some of her fellow cast mates include Alfie Allen (and Allen's dog Abby), Gwendoline Christie, John Bradley, Isaac Hempsted Wright and Nathalie Emmanuel. Hodor actor Kristian Nairn moderated the gathering.

Notably missing were the show's biggest stars, like Emilia Clarke, Kit Harington, Peter Dinklage and Lena Headey, as well as showrunners David Benioff and D.B. Weiss.

The popular HBO show kicked off its seven-episode seventh season on Sunday, with a new episode called "Stormborn" airing this Sunday.

As usual, the cast remained tight-lipped about the current season or the next, which is planned to be the series' last.

Turner, whose Sansa Stark has emerged as a major player in the world of Westeros, said her once-naïve character no longer sees the world through "rose-tinted glasses."

"She's woke now, guys, she's real woke," Turner said. "She's cool, she trusts no one whether it be man or woman or family or not and I think that's important when you play the game of thrones."

She acknowledged the brewing tension between Sansa and her half-brother Jon Snow (Harington), who are now working together.

"There is still that sibling rivalry back from when they were young. There's still that sexism that's ingrained in the culture," she said. "He's the military man, she's the politician. I think they need to realize that they need to stop fighting for ultimate power and just work together."

Speaking of Jon Snow, the cast members laughed about how annoying it was to have to answer questions about whether or not his character was alive or not for a year. The secretive show played coy about his fate between

seasons five and six. Actor John Bradley said they basically had to talk about it every five minutes "for a year." Nairn added that in a moment of frustration, he just said "I don't care," which websites extrapolated to mean that he "hates Kit Harington."

Christie, who also has a pivotal role in another property that inspires feverish

fandom, Star Wars, said that she always loved Star Wars because it "gives a sense of home."

Going into season seven of "Game of Thrones," she said there is a similar feeling.

"I look forward to the resonance of Game of Thrones carrying on through people's lives so that they have the same feeling of home and love for it," Christie said.

Harrison Ford delights Comic-Con with gruff charm

SAN DIEGO (AP) — Harrison Ford is still Harrison Ford, gruff charm and all. The actor delighted and toyed with excited audiences at Comic-Con on Saturday in promotion of "Blade Runner 2049." Ford reprises his role as Rick Deckard in the film, which hits theaters in October.

Ford said he gained a greater understanding of his character in the sequel. But when asked whether or not the film answers questions about the original, Ford just paused and said that it doesn't matter what he thinks.

He closed out the panel with

a laugh and a cheer.

When an audience member asked if it was Ford's life goal to reboot all of his iconic roles, Ford said, "You bet your (expletive) it is."



NEW PORTRAIT AP

This is an image taken at the end of June 2017 and released on Friday July 21, 2017 by Britain's Prince William and Kate Duchess of Cambridge of Prince George who celebrates his fourth birthday on Saturday, July 22, 2017. The picture was taken at Kensington Palace in London.

Bodies buried after being missing in Swiss Alps for 75 years

day in a church in Saviese in southwestern Switzerland.

They were 40 and 37 when they disappeared on Aug. 15, 1942. The couple's daughter, Marceline Udry-Dumoulin, now 79, says her parents set off on foot to feed their animals but never returned.

SRF said two daughters took part in the funeral; the other five children have already died.

The bodies were found on the Tsanfleuron Glacier at 2,615 meters (8,580 feet) above sea level. Swiss police say, due to climate change, the bodies of long-dead people have been emerging from receding glaciers.

Son's drug habit causes crisis in mother's marriage

DEAR ABBY: I have been married to a loving and supportive man for 15 years. We have been through a lot together and, for the most part, have been OK. My problem is my son, "Kyle."

Yes, I know Kyle is a liar who steals anything not nailed down. And yes, he needs help for his drug habit -- but he is still my son.

My husband told me I either tell Kyle he is not welcome in our home or our marriage is over, so I gave him back my wedding ring. I refuse to tell my son he can't come over.

What do I do now? I don't want to lose my husband, but I refuse to lose my son as well.

TORN IN TWO IN TULSA

DEAR TORN IN TWO: If you love your son and your husband and value your marriage, you will tell your husband you spoke hastily and ask for the ring back. Then, you will finally put your foot down and stop enabling Kyle to continue his drug habit.

Tell Kyle he is no longer welcome in the house, and will be welcome to cross your threshold ONLY if he has completed rehab and is willing to make amends. This is called creating boundaries. It may be painful, but it is important that you find the strength and courage to do this because

your son's life may depend on it.

DEAR ABBY: I recently graduated from college, and like a lot of fresh graduates, I had difficulty finding employment for several months. However, I was just offered a position far better than anything I could have asked for. This position is much closer to my dream job than a simple entry-level one, and I am over-the-moon happy. The problem is my partner, "Gavin."

Gavin graduated the semester before I did. He was in a different degree program, and he's still without a job. He applies for dozens of jobs a day, gets at least one interview a week, and then, after they ask about his less-than-stellar GPA, he never hears from them again. He has become increasingly frustrated about his inability to find employment in his field, and recently has been projecting his frustration on our relationship.

I want to be able to celebrate my accomplishment with my partner. I need Gavin's support and excitement for me over this new position, but I'm torn because every time I tell him a new detail about it, I can see in his face how upset he is. What can I do so I am not compromising my happiness trying not to upset him?

WORKING WOMAN IN ORLANDO, FLA.

DEAR WORKING WOMAN: The first thing I'd recom-

DEAR ABBY

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE



Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

mend is, out of respect for your partner's sensitive feelings, to refrain from crowing about your jubilation. It may take Gavin a while to find the job he's looking for in his field, or he may have to consider taking something outside of his field until he can network enough to find his dream job.

No two people's career paths are the same. Witness the Hollywood marriages in which one spouse becomes successful more quickly than the other. However, if you and Gavin are sensitive to each other's feelings—and mature—you can make it through this challenging period.

To order "How to Write Letters for All Occasions," send your name and mailing address, plus check or money order for \$7 (U.S. funds) to: Dear Abby — Letter Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price.

Pastimes

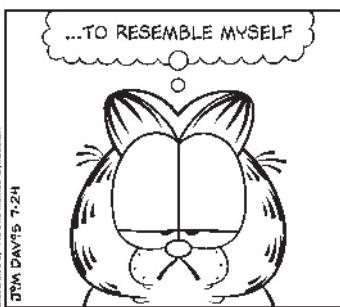
Calvin and Hobbes



By Bill Waterson



Garfield®



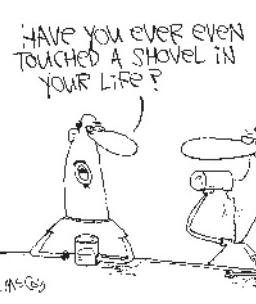
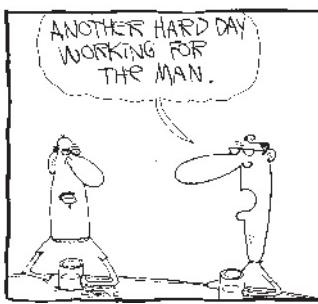
By Jim Davis

Adam@home

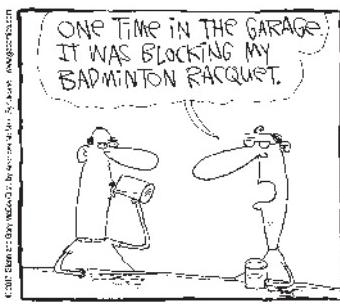


By Bryan Basset

The Duplex



By Glenn McCoy



CROSSWORD

By Eugene Sheffer

ACROSS	34	Fuzzy image	51	Utah ski resort	11	Glazier's sheet	
1 Actress	35	Erstwhile acorns	13	Transmit	19	Celestial	
Sorvino	36	Ceases	1 "Ben-Hur"	bear	20	Obese	
5 Nov. follower	37	Party	2 Debtor's letters	21	Peel	22	Pot
8 "Go no further!"	38	snack	3 Scale	starter	23	Foundation	
12 Splits off from the band	40	Soviet space station	4 Invite on	25	Re-searched	26	Void
14 Nightclub of song	41	Old Testament book	5 Feet,	27	Satiated	28	Snare
15 Michigan city	42	Michigan city	6 "Xanadu"	29	"— Doubtfire"	30	Warm and cozy
16 "So be it"	43	Lion's share	7 United	31	Diva Streisand	32	36 Employ
17 Switch settings	44	Covert, as a	8 Shrimp	33	37 Bivouac	38	Cupid's specialty
18 Mix-up	45	motive	9 Pyramid, maybe	39	38 Schnozz	40	39 Schnozz
20 Charlatan	46	Quarry	50 Picnic dessert	40	41 Partner	43	42 Michigan city
23 Baby-feeding finale	47	Pyramid, maybe	10 Autobahn	44	43 Yalie	44	45 Decay
24 — Mis-behavin'"	48	Pyramid, maybe	auto	45	46 Gun lobby	45	46 Gun lobby
25 Michigan city	49	Pyramid, maybe		46	47 org.	46	47 org.
28 Potent stick	50	Pyramid, maybe		47	48 org.	47	48 org.
29 Puccini opera				48	49 org.	48	49 org.
30 Einstein's birthplace				49	50 org.	49	50 org.
32 Michigan city				50	51 org.	50	51 org.

Solution time: 26 mins.



Friday's answer 7-24

CELEBRITIES BORN ON THIS DAY: Elisabeth Moss, 35; Anna Paquin, 35; Jennifer Lopez, 48; Kristin Chenoweth, 49.

Happy Birthday: Look for the most effective way to bring about change. Rely on past experiences and connections, as well as current trends in technology, and you will excel in your personal and professional pursuits. Communication and listening to good advice will encourage you to take part in activities that will test and challenge you to strive for perfection. Your numbers are 2, 10, 21, 27, 33, 43, 49.

ARIES (March 21-April 19): If you want change, do something about it. Find out what you need to know and take a step forward. Take control of your life by making the choices that will improve your emotional, mental and financial status. Romance is highlighted. ★★★★

TAURUS (April 20-May 20): Refuse to let complaints or criticism get to you. Avoid confrontations that can slow you down or play havoc with your plans. Do your own thing and be responsible with money or handling other people's affairs. ★★

GEMINI (May 21-June 20): Put your heart and soul into the things that mean the most to you. Energize those around you with enthusiasm and you will bring about positive changes in your life and in the lives of others. Express your ideas passionately. ★★★★

CANCER (June 21-July 22): Stay away from unpredictable situations and people. Keep your stress levels down by sticking to a routine and keeping life simple. Too

much of anything will throw your equilibrium off, sending you into a tailspin. Relaxation will be your best bet. ★★★

LEO (July 23-Aug. 22): Jump on the fast train and fill up your schedule. Your charm, agility and determination will help you corner whatever pursuit you aim to conquer. Positive changes will take place if you orchestrate what you want to see happen. ★★★

VIRGO (Aug. 23-Sept. 22): Take time to assess a situation before you decide to take part in a discussion that will bring about change. Observing things closely will lead to a different perspective and more options to choose from. Take care of your health. ★★★

LIBRA (Sept. 23-Oct. 22): Ask for favors and offer help. Make personal changes that will make you feel good about the way you look or perform at and outside of work. Partnerships of all kinds will develop if you have a plan. Persuasive charm will be an asset. ★★★★

SCORPIO (Oct. 23-Nov. 21): Keep a close watch over what others do and say. Someone is likely to infringe on your privacy or take advantage of you if you aren't careful. Health, financial or legal matters will leave you feeling uncertain or vulnerable. ★★

SAGITTARIUS (Nov. 22-Dec. 21): Plan your next adventure. Make plans to spend time with someone you love.

CAPRICORN (Dec. 22-Jan. 19): Don't fight change or try to control it. If you participate in what's going on, you will be able to manipulate what transpires. Keep a level head and incorporate a well-thought-out plan, and you will come out on top. ★★★

AQUARIUS (Jan. 20-Feb. 18): Make a point to discuss your plans with whoever will be affected by the decisions you make. Change can be good if it's executed properly. Include the ones you love for best results. Self-improvement projects are highlighted. ★★★

PISCES (Feb. 19-March 20): Take care of your health, your responsibilities and your reputation. It's important to be honest about how well you are doing and what needs to be altered. Once you see your situation clearly, it will be easier to improve. ★★★

EUGENIA LAST

THE LAST WORD IN ASTROLOGY



COURTESY 2007 UNIVERSAL PRESS SYNDICATE

CAPRICORN (Dec. 22-Jan. 19): Don't fight change or try to control it. If you participate in what's going on, you will be able to manipulate what transpires. Keep a level head and incorporate a well-thought-out plan, and you will come out on top. ★★★

AQUARIUS (Jan. 20-Feb. 18): Make a point to discuss your plans with whoever will be affected by the decisions you make. Change can be good if it's executed properly. Include the ones you love for best results. Self-improvement projects are highlighted. ★★★

PISCES (Feb. 19-March 20): Take care of your health, your responsibilities and your reputation. It's important to be honest about how well you are doing and what needs to be altered. Once you see your situation clearly, it will be easier to improve. ★★★

Birthday Baby: You are charismatic, generous and brainy. You are swift and sprightly.

Eugenia's website—eugenialast.com, Eugenia's android app @ <http://bit.ly/exhoro> and join Eugenia on twitter/facebook/linkedin.

SUDOKU

Conceptis Sudoku

By Dave Green

9		6	7	3				
	4		1					
2		5	9	6				
3	2			5	9			
	9	4	1					
5	1		8		3			
1	7	8		2				
2	1	5	8	7				
3	4	5	6	7	8			

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Friday's SUDOKU Answer

4	1	9	8	2	5	3	6	7
3	5	2	6	4	7	9	8	1
7	6	8	3	9	1	4	5	2
1	8	7	2	6	9	5	4	3
5	9	3	1	7	4	8	2	6
6	2	4	5	8	3	1	7	9
9	4	5	7	3	6	2	1	8
2	7	1	9	5	8	6	3	4
8	3	6	4	1	2	7	9	5

Difficulty Level ★★★★

7/24

WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle—horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

DO YOU WANT SOME GRITS WITH THAT?

Solution: 9 letters

S	B	I	R	W	S	E	I	R	R	E	Y	S
N	M	N	O	C	A	B	E	R	R	I	A	E
A	A	E	S	A	L	T	E	G	G	S	P	T
E	L	O	R	E	S	S	A	C	C	O	E	N
B	E	S	E	E	H	C	J	U	U	A	A	E
M	S	P	F	E	T	Ⓐ	I	L	N	K	S	L
A	L	I	R	F	Ⓜ	T	T	M	R	A	Q	O
K	L	C</										

CLASSIFIED ADS



ROBERT T. TORRES, ESQ.
Attorney at Law
P.O. Box 503758 CK
Plata Drive, Whispering Palms (Chalan Kiya)
Saipan, MP 96950
Tel: 234-7859
Fax: 234-5750

Attorney for Petitioner Armando Villafuerte

**IN THE SUPERIOR COURT
FOR THE
COMMONWEALTH OF THE
NORTHERN MARIANA ISLANDS**

IN THE MATTER OF) CIVIL ACTION
THE ESTATE OF) NO. 16-0252
)
ANGELINA BORJA PEREDO) NOTICE OF
aka **ANGELINA P. RIOS,**) HEARING
Deceased.)

TO: THE SURVIVING HEIRS OF ANGELINA BORJA PEREDO aka ANGELINA P. RIOS, SPECIFICALLY MELINDA T. HOSSAIN AND ANNIE R. TOKYO

This Notice of Hearing is hereby served upon you by publication to notify you that the Court has set a hearing on the Objection to Conditional Appointment of Co-Administratrix Hilda V. Rios for **Thursday, July 27, 2017, at 9:00 a.m.** in Courtroom 220A. Any opposition is due on or before July 14, 2017. Any reply is due on or before July 21, 2017. All parties have been ordered to appear.

Dated this 13th day of July, 2017.

/s/ Robert T. Torres, F0197
Attorney for Petitioner

Tiana Hope Toves Ogo
PO Box 1544
Rota, MP 96951
785-0166

PROSE

**IN THE SUPERIOR COURT
OF THE
COMMONWEALTH OF THE
NORTHERN MARIANA ISLANDS**

In the Matter of the Petitioner) FCD CN
)	CIVIL ACTION
Change of Name of: Petitioner) NO. 17-0213 (R)
))
Tiana Hope Toves Ogo Petitioner) NOTICE OF HEARING

Notice is hereby given that the above-entitled matter is set for a hearing on August 4, 2017, at 10:30 a.m. in Courtroom Rota, before Associate Judge Camacho.

Dates this 5th day of May, 2017.

Patrick Diaz
Clerk of Court
/s/
By: Deputy Clerk of Court

JOB VACANCY ANNOUNCEMENT

GENCO Systems Inc.

is looking for a Suitable Candidate to fill the position of
Construction Manager

for a Federal Government Contract in Saipan to assist with the management of Construction project(s) as owner Rep.

The candidate should have a degree in Engineering, Architecture, Construction Management or any related field with at Least 5 Years of experience Managing Federal or Commercial construction projects.

The candidate should have experience with Cost Estimation, Quality assurance, Reviewing of Project Plans/Design Reviews and knowledge of AutoCAD.

Interested candidates please send your resume by e-mail to anil.kumar@gencosystems.com or by fax at 703-234-1211
For any questions please call 703-234-5261

PROCUREMENT AND SUPPLY
Commonwealth Healthcare Corporation

REQUEST FOR PROPOSAL (RFP)
RFP-17-CHCC/PHARMACY-20

SUBMISSION DEADLINE: August 3, 2017 TIME: 1:00PM
BID OPENING DATE: August 3, 2017 TIME: 1:30 PM

**"AREA 10 RENOVATION- PHARMACY, COMMONWEALTH
HEALTHCARE CORPORATION"**

MANDATORY ON-SITE ASSESSMENT

A MANDATORY ON-SITE ASSESSMENT OF THE PROJECT AREA WILL BE HELD AT 9:00AM, MONDAY, JULY 31, 2017. ALL INTERESTED VENDORS MUST ATTEND. THE DESIRED DESIGN CONCEPT WILL ALSO BE AVAILABLE FOR REVIEW.

COPIES OF THE RFP PACKET MAY BE PICKED -UP AT CHCC PROCUREMENT AND SUPPLY DIVISION-MEDICAL SUPPLY STORAGE FACILITY LOWER BASE SAIPAN, DURING REGULAR WORKING HOURS.

THE CHCC RESERVES THE RIGHT TO REJECT ANY AND ALL PROPOSALS AND TO WAIVE ANY IMPERFECTIONS IN ANY PROPOSAL. IF TO DO SO SHALL BE IN THE INTEREST OF THE CHCC. ALL PROPOSALS SHALL BECOME THE EXCLUSIVE PROPERTY OF THE COMMONWEALTH HEALTHCARE CORPORATION.

/S/ ESTHER L. MUNA /S/ PRISCILLA M. IAKOPO
CHIEF EXECUTIVE OFFICER CHCC DIRECTOR OF P&S

WHATZIT Solution: Robin Hood

CLASSIFIEDS RATES AND POLICIES

Saipan Tribune's Classifieds Section gives you the right exposure without hurting your pockets. Stretch your dollar and get results.

CLASSIFIED LINER ADS

Saipan Tribune also offers a Super Saver Package—a complete 5-day run in both print and online editions, for as low as \$30 for garage sales, apartment rentals, help wanted, auto and more. You can choose from any of the packages below.

ADS	(PRINT)	COMBO (PRINT AND ONLINE)
• 3-Liner	\$15	\$30
• 5-Liner	\$24	\$45

ADVERTISING DEADLINE

Classified Ads

Ads must be submitted before 12 noon 2 days prior to publication date

CANCELLATION

Classified Ads

Cancellations should be made before 12 noon of the day prior to date of publication.

REFUNDS

Refunds will only be made if cancellation deadlines are met. No refunds will be made once ad is already printed.

CHECK YOUR ADS

Saipan Tribune will not be responsible for errors after the first day of publication. Errors should be called in before noon of the issue date. Saipan Tribune reserves the right to place ads under proper headings and to revise copy when necessary.

ADVERTISING POLICY

All advertising in the *Saipan Tribune* are subject to applicable rate sheet, copies of which are available from the Advertising Sales Department (please call 235-8747, 235-2769 or 235-6397). All ads will be subject to approval prior to publication. We reserve the right to edit, refuse, reject or cancel any ad at any time. Also, *Saipan Tribune* reserves the right to place ads under proper headings and to revise copy when necessary.

WHATZIT?

Find the familiar phrase, saying or name in this arrangement of letters.

HOROBOD

Find today's solution in classified section

JULY - SEPTEMBER 2017

TAGA SPORTS

just keep calm and do it

tough love | 8 effects of salt | gym-safe-smart | the gamble that paid off
spearfishing rules to live by | breeding ground for athletes

TAGA Sports is now on issuu.com/tagasports!

Check out the latest issue and back issues of TAGA Sports, the CNMI's first and premier sports magazine, on issuu.com/tagasports!

Now you won't have to miss a copy of TAGA Sports.
Visit issuu.com/tagasports to get your fix on all sports happenings in the CNMI!

To inquire about ad rates or to place an ad, call (670) 235-2440, 235-6397, 235-8747



CLEVELAND — Kyrie Irving wants the stage for himself. Cleveland's All-Star point guard has asked the Cavaliers to trade him, two people familiar with the situation told the Associated Press on Friday. Irving made the request last week to owner Dan Gilbert, said the people who spoke on condition of anonymity because the team is not commenting on the star's demands.

Irving's appeal was first reported by ESPN.

A four-time All-Star, Irving has spent six seasons with the Cavs, who selected him with the No. 1 overall pick in 2011. The 25-year-old has overcome injury issues and blossomed into one of the league's elite point guards and biggest stars.

And now that he's finally established himself playing alongside LeBron James, Irving wants out.

He's under contract for two more seasons with Cleveland (he has a player option in 2020), but the Cavs could be inclined to move Irving now and begin another rebuild around James, who can opt out of his contract next summer and leave Ohio for the second time.

The bombshell about Irving adds to what has been a tumultuous offseason for the Cavs following their loss in five games to Golden State in the NBA Finals. General manager David Griffin parted ways with the club after failing to work out a new contract with Gilbert and while other teams have been active in signing

Kyrie Irving asks Cavaliers to trade him



AP
In this Feb. 27, 2017, file photo, Cleveland Cavaliers' Kyrie Irving talks with a teammate in the first half of an NBA basketball game against the Milwaukee Bucks in Cleveland.

free agents the Cavs have been limited in their ability to revamp their roster because of salary-cap issues.

Also, the Cavs courted former NBA star Chauncey Billups but couldn't get him to join their front office.

Irving's request to be dealt perhaps sheds some light on the Cavs' recent pursuit of former league MVP Derrick Rose. The team has talked to Rose about a one-year contract in recent days, a source familiar with the negotiations told the AP on Thursday.

Rose was thought to be a

potential backup, but now it appears he could be needed to start if the Cavs and Irving are indeed breaking up.

There is certain to be major interest in Irving, who averaged a career-high 25.2 points and 5.8 assists in 72 games last season. Irving averaged 25.9 points in his third straight Finals, but he and James couldn't do enough to match the Warriors, who took back their crown after adding Kevin Durant last summer.

A potential trade partner for the Cavs could be the New York Knicks, who have been

trying to unload Carmelo Anthony, a close friend of James. Irving is from New Jersey and would welcome a chance to go back to his home area. However, the Knicks may not have enough assets to intrigue the Cavs and there is a sizeable imbalance in contracts, so the Cavs would have to include other players in any potential deal.

All of it will fall on Koby Altman, who has been serving as the team's interim GM and is being promoted to the position full-time. A person familiar with the decision said

Altman's deal is being finalized and he will be announced as the team's new GM in the next few days.

Altman, who has been with the club since 2012, will be the fifth GM to work for Gilbert since 2005.

It's strange that Irving would choose now to ask for a trade.

After all, he has finally developed into a bona fide superstar following three tough seasons following James' departure to Miami in 2010. Irving had no help during those years and the Cavs were in a

state of disarray before James came back in 2014.

In his second year alongside James, Irving made the biggest shot in franchise history, draining a 3-pointer in the closing moments of Game 7 to give the Cavs their first title—and the first for any Cleveland pro team since 1964.

By all accounts, Irving and James got along but there were times when they didn't quite see eye to eye.

James was demanding of his younger teammates but he was always adamant that Irving would grow into a superior player. Following Cleveland's Game 5 loss in the Finals, Irving credited James for leading the way.

"He's freaking awesome," Irving said. "As a student of the game, it would be a disservice to myself if I didn't try to learn as much as possible while I'm playing with this guy. Every single day demanding more out of himself, demanding more out of us, the true testament of a consummate professional."

And understanding how things work, not only just in the game but off the court, things that matter, just taking care of your body, understanding the magnitude of what the goal is at hand and what steps it takes in order to achieve that goal."

Moments earlier, James had walked off the court at Oracle Arena where Irving was waiting.

They made their signature handshake and James told Irving, "We'll be back."

Now, they may be headed in opposite directions.

a major. This one left him nine shots behind.

"If you keep it in play, it's almost hard to make a bogey out there, you know?" McIlroy said. "I've always been good when I get off to fast starts, being able to keep it going, and I didn't today. And I needed to—that's the disappointing thing."

Ian Poulter felt even worse. Still lurking, he ran off three straight bogeys early on the back nine and shot 71 to fall nine back.

The tone for Sunday was set over the final three holes, when Kuchar made his double bogey. Kuchar got one back with a birdie from the pot bunker short of the green at the par-5 17th. And then Spieth stole a birdie at the end when his approach narrowly missed the bunker right of the green and had enough spin to stay on the putting surface for his final birdie. Kuchar missed his birdie attempt from 12 feet.

The tone for Sunday was set over the final three holes, when Kuchar made his double bogey. Kuchar got one back with a birdie from the pot bunker short of the green at the par-5 17th. And then Spieth stole a birdie at the end when his approach narrowly missed the bunker right of the green and had enough spin to stay on the putting surface for his final birdie. Kuchar missed his birdie attempt from 12 feet.

"I played well today," Kuchar said. "Certainly, I'm not out of it. I'm playing some good golf. I'm very excited for tomorrow."

SOUTHPORT, England (AP)—Jordan Spieth is one round away from the third leg of the career Grand Slam, and one year removed from a reminder that it won't be easy.

On the horizon is a chance to join Jack Nicklaus as the only players to win three different majors at age 23. In the past was his last time leading a major, when he let a five-shot lead get away from him on the back nine a year ago at Augusta National.

All that mattered to him was the present.

Spieth did his part on an extraordinary day of scoring in the British Open, capping off his 5-under 65 by seizing on a good break and making a 20-foot birdie putt on the 18th hole for a three-shot lead over Matt Kuchar, who did his best to keep pace with a 66.

Spieth had one of seven rounds at 65 or lower at Royal Birkdale, which was never more vulnerable with a light breeze and a clear sky until the final hour. He was warming up on the range when Branden Grace shot 62, the lowest 18-hole score over 157 years of major championships. Spieth

Spieth 1 round away from 3rd leg of Grand Slam



Kuchar said. "We certainly had a great round of golf. I

said. "I understand that leads can be squandered quickly. And I also understand how you can keep on rolling on one."

He described the Masters last year as a humbling experience that he thought would serve him well down the road.

"If I don't win tomorrow, it has nothing to do with that," he said. "And if I win tomorrow, it has nothing to do with that, either."

Kuchar never quite caught up to Spieth. He twice made birdies that momentarily tied him for the lead, only for Spieth to pour in birdie putts on top of him to stay in front. Kuchar's one slip was a drive into the pot bunker on No. 16 when the rain finally arrived, and a three-putt that led to double bogey.

He will be playing in the final group of the fourth round at a major for the first time, and the 39-year-old Kuchar sounded up for the occasion.

"I think I'm in a position where it can be very advantageous, just everything I've gone through - the good, the bad and everything in the middle," he

times they forgot who had honors on the tee box. Along the way, they created a little separation from the rest of the field.

Austin Connelly, who grew up in Dallas and shares a swing coach with Spieth, extended his remarkable run with birdies on his last two holes for a 66. The 20-year-old who plays under the Canadian flag was six shots behind at 5-under 205, tied with U.S. Open champion Brooks Koepka, who had a 68.

Grace wound up seven shots behind even after his 62.

Missing from the mix was Rory McIlroy, who looked to be a big threat when he began with three birdies in five holes, driving the green on the shortened par-4 fifth hole. He lost it around the turn, making back-to-back bogeys, and then a double bogey at No. 10 when he blasted out of one pot bunker left of the fairway and it spun toward another, resting in the thick collar.

McIlroy had a 69, rarely a bad score in the third round of

Andrelton Simmons slugs Angels to 7-3 win over Red Sox



ANAHEIM, California

(AP)—A n-drelton Simmons drove in three runs, including a go-ahead two-run homer and Albert Pujols went 3 for 4 with two RBIs as the Los Angeles Angels rallied for a 7-3 victory over the Boston Red Sox in Major League Baseball on Saturday.

Simmons hit his 10th homer of the season to left and put the Angels ahead 4-3 in the third inning after falling behind early. Pujols doubled to score Yunel Escobar and Mike Trout to start the four-run burst.

Pujols became the 26th player to score 1,700 runs when he touched home plate after Simmons went deep. Pujols joins Barry Bonds, Hank Aaron, Babe Ruth, Alex Rodriguez and Willie Mays in amassing at least 600 home runs and 1,700 runs.

JC Ramirez (9-8) recorded his second win at home in 11 starts, striking out six while allowing one earned run and five hits in six innings.

David Price (5-3) gave up five earned runs and seven hits in five innings, allowing more than three earned runs for only the second time this year.

Cubs 3, Cardinals 2

In Chicago, Kris Bryant raced home from first base on Anthony Rizzo's bloop double, capping the Cubs' three-run rally in the eighth inning.

Bryant also had a tying, broken-bat single during the comeback.

A classic pitchers' duel between Jon Lester and Adam Wainwright kept it scoreless into the eighth.

Lester (7-6) had a perfect game until Wainwright singled with two outs in the sixth. Lester gave up three hits and struck out 10 in eight innings.

Wainwright allowed two runs on four hits in 7 2/3 innings, retiring 14 straight at one point.

Giants 5, Padres 4, 12 innings

In San Francisco, backup catcher Nick Hundley singled in Kelby Tomlinson with two outs in the 12th for San Francisco.

It was Hundley's fifth game-ending hit of his career and his first since July 11, 2014, with Baltimore.

One day after the teams played 11 innings in a game that lasted nearly 5 hours, the Giants and Padres had another extended battle.

Eduardo Nunez had three hits and two RBIs, Hundley singled twice and San Francisco took advantage of an error by San Diego shortstop Allen Cordoba that led to three unearned runs.

Will Myers hit his second

homer in two days as part of San Diego's four-run fourth.

Josh Osich (3-1) retired five batters and struck out three in getting the win.

Mariners 6, Yankees 5, 10 innings

In Seattle, Nelson Cruz hit a winning single off Adam Warren in the 10th inning, and Seattle beat New York after Edwin Diaz allowed a tying hit to Ronald Torreyes in the ninth.

Masahiro Tanaka had another shaky outing and New York trailed 4-2 before Aaron Judge hit his MLB-leading 32nd home run, a sixth inning drive against Steve Cishek.

Diaz blew a save for the fourth time in 22 chances when Didi Gregorius walked leading off the ninth, pinch-runner Jacoby Ellsbury stole second and Torreyes followed with a single.

Ben Gamel opened the 10th with a double against Warren (2-2), Robinson Cano was intentionally walked and Cruz lined a pitch to left for his AL-leading 75th RBI.

Tony Zych (4-2) pitched a perfect 10th, throwing called third strikes past Clint Frazier and Judge.

Brewers 9, Phillies 8

In Philadelphia, Domingo Santana singled home the go-ahead run in the ninth inning after the Brewers blew a big lead, and Milwaukee ended a season-worst six-game losing streak.

Ryan Braun homered and drove in four runs, and Travis Shaw also homered for the Brewers, who maintained a one-game lead over the Cubs in the NL Central division.

Milwaukee led 8-1 after batting in the seventh and manager Craig Counsell removed Braun, who had missed the past three games with a wrist injury. The Phillies rallied to tie it with four runs in the seventh and three in the eighth.

Santana came through with a one-out single to left off Hector Neris (2-4) to score Hernan Perez and put Milwaukee back in front.

Jacob Barnes (3-1) gave up three runs and four hits in the eighth but ended up getting the win.

Herrera had four hits with a homer and a pair of doubles for Philadelphia, which had won three straight.

Marlins 5, Reds 4

In Cincinnati, J.T. Realmuto hit a pair of two-run homers and a double, powering Miami to its second straight victory.

Miami won for only the third time in eight games, getting its first back-to-back wins since the All-Star break.

Realmuto connected in the second and sixth innings off



Los Angeles Angels center fielder Mike Trout catches a fly ball hit by Boston Red Sox's Christian Vazquez during the sixth inning of a baseball game in Anaheim, Calif., Saturday, July 22, 2017. AP

from the field. An update on his condition was not immediately available.

Gonzalez subsequently ended a nine-pitch at-bat by driving a 2-2 offering from Darren O'Day (1-3) over the right-field wall. It was Houston's first pinch-hit homer of the season, and it capped a five-run uprising that wiped out Baltimore's 4-1 lead.

Alex Bregman and Yuli Gurriel also homered for the Astros.

Astros right-hander Collin McHugh allowed four runs in 4 2/3 innings in his season debut and Francis Martes (3-0) pitched 2 1/3 innings of hitless relief.

Indians 2, Blue Jays 1

In Cleveland, Francisco Lindor hit a leadoff home run in the bottom of the 10th inning as Cleveland defeated Toronto.

Lindor hit a 2-2 pitch from Danny Barnes (2-3) to right field for his 15th homer of the season.

Bryan Shaw (3-4) retired Kevin Pillar on a groundout with two on to end the 10th.

Twins 6, Tigers 5

In Minneapolis, Kyle Gibson took a shutout into the eighth inning in his longest start of the season, Zack Granite had three of the Twins' 14 hits, and Minnesota held off a late rally to beat Detroit.

The Twins have been rumored to be searching for starting pitching as the trade deadline approaches and Gibson (6-8), who entered the game with a 6.29 ERA, was a likely candidate to be replaced in the rotation.

Brandon Kintzler retired Andrew Romine on a grounder to get out of the eighth inning and then pitched a scoreless ninth for his 27th save.

Rangers 4, Rays 3

In St. Petersburg, Florida, Texas turned three Tampa Bay miscues into a three-run sixth inning and beat the Rays.

Elvis Andrus, who entered the series hitless in 16 at-bats, homered in his second consecutive three-hit game for the Rangers.

Andrew Cashner (5-8) gave up three runs and four hits over six innings.

Chris Archer (7-6) allowed four runs, four hits and struck out 11 to set a team record with his 24th career game with double-digit strikeouts.

Robert Stephenson (0-3), who made his first start of the season after 13 relief appearances. It was the catcher's second career multi-homer game—he also had one in 2015.

Nick Wittgren (3-1) relieved starter Chris O'Grady in the fifth and got the win. Scooter Gennett singled home a run in the eighth off Junichi Tazawa, cutting it to 5-4. A.J. Ramos pitched the ninth for his 19th save in 21 chances.

Nationals 4, Diamondbacks 3

In Phoenix, Bryce Harper homered and drove in two runs, Tanner Roark struck out a season-high 11 and Sean Doolittle stranded the potential tying run to preserve the Nationals' win.

Roark (8-6) gave up two runs and three hits in seven innings for the NL East-leading Nationals.

Harper hit his 25th home run of the season on a full-count changeup from Anthony Banda (0-1), who lost in his major league debut.

Chris Iannetta hit a two-out RBI double in the bottom half, but the Nationals opened a 4-1 lead with a three-run sixth.

Harper hit a run-scoring double and scored on Ryan Zimmerman's double, and Anthony Rendon beat out an RBI single that sent Zimmerman home.

Taylor led off the bottom of the inning by driving an 0-1 pitch from Julio Teheran (7-8) into the left field bleachers, giving the Dodgers a 4-2 lead.

Taylor added a two-run triple off reliever Luke Jackson with two outs in the eighth for the final margin.

Dodgers starter Rich Hill (7-4) struck out eight as he held the Braves to two runs

Warriors, 8-Black Ball in the hunt

By JON PEREZ
jon_perez@saipantribune.com
REPORTER

The battle for the SBA Budweiser Open 8-Ball Thursday League crown appears to be between the 9 Eleven-MJD Warriors and the Chow Time 8-Black Ball. They both occupy the Top 2 spots of the league's standings.

The Warriors enjoy a two-game lead with a 104-65 card against the 8-Black Ball's 102-67 slate. Anything could still happen with eight Thursday play dates left in the season, from July 27 to Sept. 14.

Even the 9 Eleven Titans II (96-73) and Tasha's Wild Bills (93-76) or the Sands Team SCS (86-83) could still pull off some surprises as long as they start racking up wins while hoping that the Warriors



CONTRIBUTED PHOTO

Members of the Sands Team SCS are all smiles after beating the Tasha's Extreme in their match last Thursday in the SBA Budweiser Open 8-Ball Thursday League.

and 8-Black Ball would lose their remaining matches.

The Chow Time-Blue Haus Homeboyz (70-99), Tasha's

Extreme (65-104), and 9 Eleven Jam Shooters (60-109)

D'Strikers 2 still Fanihi division leaders

By JON PEREZ
jon_perez@saipantribune.com
REPORTER

The 9 Eleven D' Strikers 2 continues to lord it over the six-team field in the SEDA Bud Light Fanihi-Thursday B 2017 season. The Strikers 2 had already compiled 135 wins against 75 losses in the 210 games they played after 14 weeks of action.

The Strikers 2 are in a good position of claiming the division crown as they enjoy a 14-win lead over closest pursuer 6JMS Mafia 2 (121-89), but with 11 weeks left in the season the latter could still make their move in the hopes of



CONTRIBUTED PHOTO

The Chow Time Drillers celebrate their win against the Naked Fish Na'Gupu in the Thursday B Flame Tree division.

pulling off a surprise.

The Strikers' latest victim is the 6JMS 80 Proofers with an 11-4 drubbing in Thursday's

matches held in various establishments on Saipan.

Junior Vito was on target that day, winning all of the

five matches he played against the opponents the Proofers pitted against him. He opened up his impressive stint by beating Orly Paonlan in the Strikers' 4-0 decision in the 301 Double In/Double Out event.

The Mafia remained in title contention after cruising to a 12-3 decision over sister squad the Bandits, while 6JMS Shaka also completed an 11-4 victory against the Franken Brau Crafters.

The Bandits (99-111), Shaka (97-98), 80 Proofers (95-100), and the Crafters (68-142) complete the standings.

In the Flame Tree division, also played every Thursday night, the Jonny's Serial Killaz and Chow Time Drillers are

hosted last year's competition.

"The South Pacific Bodybuilding Federation organized the competition. We will try to send a team and will give it a shot. Hopefully, we could get more businesses involved in sponsoring our events and supporting our athletes. We're going to start with our fundraising so we could have a team compete in the Solomon Islands," added Davis.

Veteran bodybuilder Aaron Tomokane won the Open Bodybuilding category, while Enrico Valdez ruled the Open Men's Physique competition

match kicked off at 4:30pm and it was still hot. The Hopwood pitch was cleared, but it was still way different from the artificial turf that the Chinese-Taipei-based team is used to playing in.

It did not help that the visiting players spent only a few hours familiarizing themselves to the pitch last Thursday afternoon.

Despite the shutout win against Hualien, Mita said the Teen Ayuyus have a long ways to go as far as their preparation

BODYBUILDING

From Page 28

egories up for grabs. Unlike in previous years especially more than 20 years ago where more have been competing.

Federation vice president Jocelyn Itibus, who won the Women's Open Bodybuilding, has competed for the second time and she challenged other individuals to give it a try. "I challenge those who are into fitness, especially the ladies to join."

"I was like them before, I was nervous. I know it is scary and nerve-wracking standing

in front of the judges and other people wearing a two-piece bikini but there's more to it once you overcome your fear," Itibus told *Saipan Tribune*.

She added that competing for the first time changed her views and improved her personally. "Training not only changes your physique but the experience would also boost your self esteem. You'll feel more confident and make you a better person."

Itibus said she trained for 18 weeks to prepare for her first competition organized by NMBPF. She continued with her routine after that in time

squad's early struggle was due to the absence of an official match in the team's training schedule.

"In the beginning, the boys were a bit panicking because we haven't played an official match in a long time. They unnecessarily lost possessions. We discussed our problems and their solutions at half time. We tried to not lose the ball often and move the ball quickly," Mita said.

The head coach also credited Hualien's defense for

neutralizing the Teen Ayuyus' attackers in the first half.

"They played well, especially in the first half and we struggled against their pressure defense. Hualien has some players with good experience and they really know how to play soccer. However, they also struggled because of the field condition and the weather. I think if we played in a different condition, the results may be different, too," Mita said.

The Hualien-Teen Ayuyus

complete the standings of the eight-team Thursday League being held in various establishments on the island.

The Warriors remained on top after completing an 11-2 demolition of the Homeboyz while the 8-Black Ball could have grabbed the top spot but only managed a 7-6 decision against the hard-fighting Titans II.



The 8-Black Ball and Titans II were tied at six games apiece, and the former escaped with the win thanks to Jeff Gayas and Mervin Sahagun as the duo bested Patrick Cepeda and Ray Matsunaga in the final Partner's 8-Ball contest.

The Tasha's Wild Bill's drubbed the Jam Shooters, 10-3, and Team SCS downed Tasha's Extreme, 8-5, in the other matches.

The Warriors will take on

the Titans II on Thursday, July 27, hoping to further establish some distance against the 8-Black Ball, who would then battle the lowly Jam Shooters. Team SCS will face the Homeboyz and the Tasha's Wild Bills clash with the Extreme in the other scheduled matches.

In tomorrow's Tuesday League, the 9 Eleven Docomo Hustlers clash with Tasha's Str8 Black Ball while Tasha's Crazy 8 will meet the Chow Time Assassins and the 9 Eleven Titans will visit the Chow Time Destroyers.

The league's Bud Cup will be played once the top three finishers of the season is known after the final matches on Sept. 14. The awards banquet is set in November.

2 SWIMMERS

From Page 28

Meanwhile, the CNMI has two other swimmers competing in the World Championships. Fourteen-year-old Jinju Thompson will have her first event on Tuesday, as she swims in the 200m freestyle, while David Boyer will have his baptism of fire on Wednesday via the 100m butterfly qualifying races. Villacrusis and Chentsova, on the other hand, will have their last events—the 50m freestyle and 100m backstroke—this week too. Northern Mariana Islands Swimming Federation's Valerrick Welch is coaching the four CNMI swimmers in Hungary.

TRIBUNE SPORTS SCORES

MLB STANDINGS

AMERICAN LEAGUE

East Division

	W	L	Pct	GB
Boston	55	44	.556	—
New York	50	46	.521	3½
Tampa Bay	51	47	.520	3½
Baltimore	46	51	.474	8
Toronto	44	53	.454	10

Central Division

Cleveland	50	45	.526	—
Kansas City	49	47	.510	1½
Minnesota	49	47	.510	1½
Detroit	44	52	.458	6½
Chicago	38	56	.404	11½

West Division

Houston	65	32	.670	—
Seattle	49	50	.495	17
Los Angeles	48	51	.485	18
Texas	47	50	.485	18
Oakland	43	54	.443	22

NATIONAL LEAGUE

East Division

Washington	58	38	.604	—
Atlanta	47	49	.490	11
New York	45	50	.474	12½
Miami	44	51	.463	13½
Philadelphia	33	62	.347	24½

Central Division

Milwaukee	53	47	.530	—
Chicago	50	46	.521	1
Pittsburgh	49	49	.500	3
St. Louis	47	50	.485	4½
Cincinnati	40	57	.412	11½

West Division

Los Angeles	67	31	.684	—
Arizona	56	41	.577	10½
Colorado	57	42	.576	10½
San Diego	42	55	.433	24½
San Francisco	38	61	.384	29½

BY THE ASSOCIATED PRESS

2017 Francisco M. Diaz Memorial Youth League Awarding

PHOTOS By ROSELYN B. MONROYO



The Ol'Aces players and coaches pose with their championship trophy and representatives from sponsor Docomo Pacific and the Northern Mariana Islands Basketball Federation during the awards ceremony for the boys U15 division of the 2017 Francisco M. Diaz Memorial Youth League held early this month at the Gilbert C. Ada Gymnasium.



An Ol'Aces Extreme player, right, receives the Sportsmanship Award named after former basketball official Abner Venus, seated.



The Mythical Five in the boys U15 division and their representatives pose for a group photo.



Northern Mariana Islands Basketball Federation Elias Rangamar thanks the participating teams in this year's Diaz youth caging.



The Ol'Aces' Riko Saralu poses with his regular season MVP award.



Some players of the 670 Sonics show their runner-up trophy. Joining them in the photo is Northern Mariana Islands Basketball Federation president Lawrence Camacho, left.



The Ol'Aces are all smiles after receiving the runner-up award in the girls U18 division.



Kyrie Irving
asks Cavaliers
to trade him

PAGE 24

Saipan Tribune Sports

Andreton
Simmons slugs
Angels to 7-3 win
over Red Sox

PAGE 25



28 MONDAY, JULY 24, 2017

SAIPAN TRIBUNE

2 swimmers race in World Champs opener

Teen Ayuyus shut down Hualien FC

By ROSELYN B. MONROYO
roselyn_monroyo@saipantribune.com
REPORTER

The CNMI Boys U18 National Team found its rhythm in the second half to blank the visiting Hualien Football Club's women's team, 5-0, in a friendly game last Friday at the Hopwood Middle School Field.

Terrance Evan Thosert-Belcher anchored the Teen Ayuyus' strong showing in the final 45 minutes of the match, scoring three goals, while Mareko Tekopua and Anthony Fruit chipped in one.

Thosert-Belcher drew first blood with his shot



ROSELYN B. MONROYO
Hualien FC's Li-Ping Zhuo, left, and the CNMI Boys U18 National Team's Terrance Evan Thosert-Belcher ward off each other as they battle for the ball during the first half of their friendly game last Friday at the Hopwood Middle School Field.

in the 50th minute, while Tekopua lit up the board anew for the CNMI six minutes later. Thosert-Belcher then made it a 3-0 advantage for the Teen Ayuyus with his second goal in the 62nd minute, while the Commonwealth midfielder completed the hat trick in the 76th minute. Fruit capped the Teen Ayuyus' big turnaround in the second half when he found the back of the net in the last minute of the match.

CNMI Boys U18 National Team head coach Michiteru Mita was happy with the adjustment the Teen Ayuyus

See TEEN on Page 26



ROSELYN B. MONROYO
From left, CNMI swimmers David Boyer, Jinie Thompson, Victoria Chentsovova, and Christian Villacrusis pose for a photo while waiting for their respective events in the 17th FINA World Championships in Budapest, Hungary last weekend.

By ROSELYN B. MONROYO
roselyn_monroyo@saipantribune.com
REPORTER

The CNMI's Victoria and Christian Villacrusis saw action right in the opening day of the swimming competition in the 17th FINA World Championships in Budapest, Hungary.

Victory was the first swimmer from the Commonwealth to plunge into the pool at the Dagny Swimming Complex, as she joined the qualifying races in the 400m freestyle event last Sunday morning (Sunday evening on Saipan). The 19-year-old swimmer was on

Heat 1, Lane 2 of the qualifiers and competed against Cote d'Ivoire's Talita Te Flan, Lebanon's Gabriella Doueihy, Aruba's Daniella Van Den Berg, Thailand's Sudhirak Watcharabusaracum, Barbados' Hannah Gill, and Sri Lanka's Ishani Senanayake. Van Der Berg has the fastest seed time on Heat 1 with her 4:24.20, while Chentsovova's mark is not registered on the start list.

For the 100m breaststroke, the CNMI was represented by Villacrusis. The 17-year-old swimmer joined Heat 1 of the qualifiers and was set to race against Guinea's Alpha Pumar Diallo, Libya's Abdulmalik Ben Musa, Moldova's Evgeni Paponin, Brunei's Muis Ahmad, Niger's Alassane Seydou Lancina, Uruguay's Santiago Saint-Upery, El Salvador's Otto Borgards, Bolivia's Santiago Cavanagh, and Nepal's Shuvam Shrestha. The 100m breaststroke event featured eight heats and 80 swimmers, including record holders Adam Peaty (world and championships) of Great Britain and Nicolo Martinenghi (world junior) of Italy.

See 2 SWIMMERS on
Page 26

Bodybuilding group encourages others

By JON PEREZ
jon_perez@saipantribune.com
REPORTER

The Northern Marianas Bodybuilding & Physique Federation is encouraging other health enthusiasts to try and join competitions that it organizes every year, especially now that more people are into keeping themselves fit.

NMBPF officials made the statement after Saturday's NMI Bodybuilding and Physique Championships held at the Pedro P. Tenorio Multi-Purpose Center where only nine competed in the six cat-



Contestants in last Saturday's NMI Bodybuilding and Physique Championships give a final pose to photographers after the competition. From left, Jocelyn Itibus, Yoo Ran Hee, Star Gordon, Dee Clayton, Aaron Tomokane, Kelvin Fatial, Enrico Valdez, Zhang Wei, and Sean Japor.

See BODYBUILDING on
Page 26

